

# Carolina country



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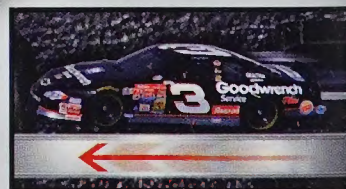
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NASCAR 2010

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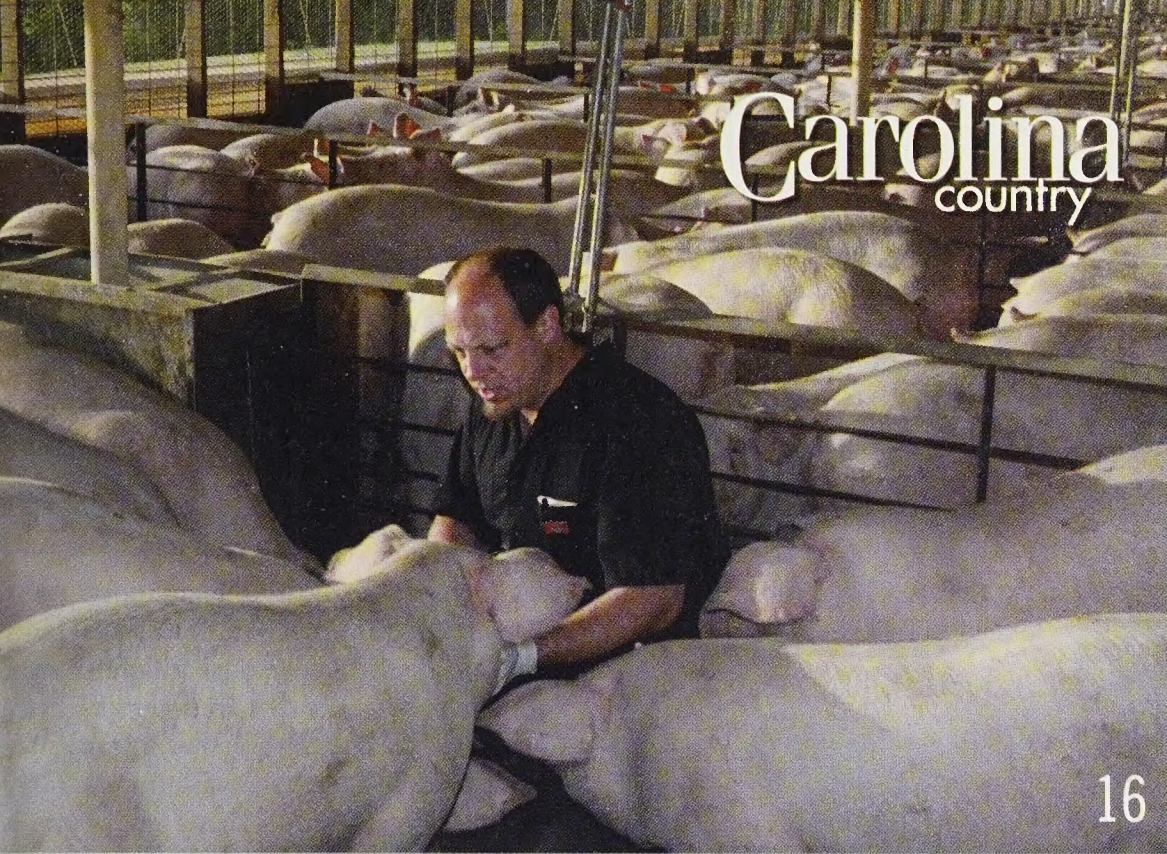


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16

### FEATURES

- 6 ***Jacob's Log***  
Amazing grace in Alleghany County.
- 12 ***Passive Cooking***  
Tips on using a pressure cooker to save time and energy in the kitchen.
- 14 ***North Carolina Blueberries***  
It's that time of year to think about picking, buying, cooking, eating, freezing, praising and even growing them.
- 16 ***Hog Farmers Go Green***  
Once a tobacco farm, Butler Farms in Harnett County moved to growing hogs and to a cleaner, brighter future.
- 20 ***The 26th North Carolina***  
A description of one of the largest Civil War reenactment groups in the nation.
- 25 ***Return to the Cove***  
Lyrical praise for a Jackson County cove near Whiteside Mountain.
- 26 ***The Steps to Restoring Power***  
An illustrated explanation of how electric cooperatives restore electrical power after a major outage.
- 28 ***With Grandparents***  
Your memories of grandparents, a Chicago doubleheader, earning pennies and more.



36

### FAVORITES

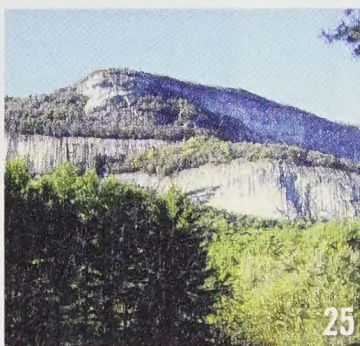
- 4 **First Person**  
Your letters and photos.
- 8 **More Power to You**  
Help with window air conditioners.
- 30 **Carolina Country Store**  
A western N.C. fly fishing trail.
- 32 **Joyner's Corner**  
What did North Carolina have before any other state?
- 33 **Marketplace**
- 34 **Carolina Gardens**  
Savoring basil.
- 36 **Tar Heel Lessons**  
For students and teachers.
- 37 **Carolina Compass**  
Adventures in and around New Bern.
- 40 **On the House**  
Do your windows attract condensation?
- 41 **Classified Ads**
- 42 **Carolina Kitchen**  
Blackberry Wine Cake, Taco Ring, Fruit Topped Pizza.

#### ON THE COVER

Robert, Will and Thomas Butler have a clean, green way of raising hogs in Harnett County. See the story and more photos on pages 16–18. Photography by Doug Van de Zande, Raleigh.



20





25



# Carolina country

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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to nearly 900,000 homes and businesses. The 26 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.


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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$4 per year.

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
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#### HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

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## You know you're in Carolina Country

I am back in Morganton now, but when I lived in Alaska, where I married an Eskimo, the Carolina Country magazine was my little piece of heaven. What I liked best was the section of "You Know You're in Carolina Country If..." I had one I wanted to send in: You know you're in Carolina Country if you have possums and buzzards in with the chickens and dogs. What happened to that section?

*Frankie Evans, Morganton*

**Editor's Note:** We will resume running "You Know You're in Carolina Country" if you all will send us some of your favorites. We have run out. (See "Contact Us" on page 5.) Also, we plan to publish a book collection of these soon. Watch for the announcement.

## A memory of Mom

As I thumbed through my April 2010 issue of Carolina Country, I stopped at the article on the covered bridges and saw Bunker Hill Covered Bridge. Tears welled up in my eyes as my mind went back to when I was in elementary school and my class took a trip to the Bunker Hill Covered Bridge. It's one of the memories I have of my precious mom. She stayed out of work that day so she could accompany my class and me on our trip. As I looked at the picture of the bridge I could see the memories play back: my mom held my little hand as we walked along the trail and across the bridge together, and as we waded in the cool water of the creek and had our picnic lunch. What a precious memory my heart and mind cling to.

I don't have a lot of memories like most people do of their moms. My mom was diagnosed with melanoma cancer when I was 10, and she passed away two months after my 12th birthday, 28 years ago. The few memories I do have are precious and cherished. They linger and flood my soul.

*Stephanie Keener, Connelly Springs,  
Rutherford EMC*

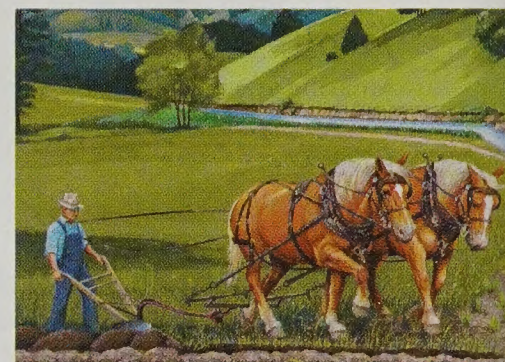
## Thanks for Jacob

I always enjoy reading "Jacob's Log." Jacob Brooks' latest article "The Precious Part" [May 2010] was a great Mother's Day gift for his mother and all moms! The photo of Jacob and his mother was an extra special gift.

Jacob is wise beyond his years, as is evidenced by all of his previous articles. Jacob's story about his mother's illness is heartbreaking and uplifting at the same time. Thanks to Jacob for sharing such a personal and difficult time with all of us, and thanks to Carolina Country for sharing all of the articles in "Jacob's Log."

*A.G. Sweatt*

## A workhorse misstep



I do not want to detract from Ronald Ragland's fine artwork, but the "Breaking Ground" scene in the May magazine shows an error in plowing. Anyone who has ever walked behind a team of mules or horses plowing ground knows that the horse on the right, unlike what is depicted in the scene, never walks on unplowed ground. That horse always is walking in what is called the furrow, the trench made in the ground by the plow on the last trip plowing across the field.

*Larry Norris, Boone*

## Zagnut

I bought some candy in the mountains in a bowl, and they called it "zagnut" candy. They told me it was made in Tennessee. If anyone can send me the recipe, I would dearly appreciate it.

*Grace Price  
841 Dudley Shoals Rd.  
Granite Falls, NC 28630*



### Miss Tabitha

I really enjoyed your article on the May Museum in the April issue. I grew up in Farmville and Miss Tabitha was a friend of my grandmother. They were very active in the community and members of several organizations, the Daughters of the American Revolution and the United Daughters of the Confederacy. Both ladies loved working in their yards and were members of the local garden club. Miss Tabitha always knew how many daffodils were blooming in her yard. If someone picked a flower without permission, she would write a complaint in our local newspaper. She was quite a character, never had her house painted on the outside. She was always the first one to arrive at the funeral home to greet people and offer her condolences. There will never be another Miss Tabitha.

*Freddie Hill, Fuquay Varina,  
Blue Ridge Electric*

### A happy bag lady

I want to thank you for the great eco-friendly bags that you gave out in October at our PeeDee Electric annual meeting. It is the best bag for shopping. No more plastic or paper bags to try to find a way to recycle. The clerks are so surprised at how much they can get in the bag.

*Claireann Haines*

### Another great day on Eades Rd.

May I share with you the joy your magazine brings into our home? My husband and I are in our 80s. I'm the reader, he is the outside man. We both are active in our church. He mows our two and a half-acre yard. I read each page of the magazine then review my favorites with him. In the April issue, Vicks Vapo Rub was my beloved mother's cure for most everything, and it continues to be mine also. Thank you for your awesome magazine.



This photo of a 200-year-old barn is in Surry County on Eades Rd. and was the farm of my late parents, Elwood and Verdina Eades. We did not have electric power until I was 9 years old. Now I'll tell you that was a happy day. Pull a string or flip a switch, and there was light!

Thank you Carolina Country and Surry-Yadkin Electric.

*Lettie Atkins, Mt. Airy, Surry-Yadkin EMC*

### All in a day's work



"Your mission, should you decide to accept it..."

Remember these recorded words from "Mission Impossible"? Well, on April 27, Phil Price of Wake Electric received a mission impossible opportunity.

I am a Wake Electric co-op member in Franklin County. I also am a member of Wake County Beekeepers. A swarm of honeybees had taken flight from their hive and had found temporary refuge on a hickory tree limb approximately 35 feet in the air. I asked Mr. Price if Wake Electric could send a bucket truck to assist in the rescue.

Bright and early the next morning Phil and his team arrived at my residence and within 10 minutes strapped me in the bucket and elevated me to the limb where the wayward bees had been staying. I cut the limb, then placed it and the bees in a hive body box.

Mission accomplished! Thanks to Phil Price and Wake Electric for their quick response and a job well done.

*Jim Cook, Youngsville*

### Contact us


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### Morehead City shrimpers

his hardworking fleet was heading out of Morehead City for another evening's work. These and many other fishermen contribute to the wonderful seafood we enjoy in our state.

*ary Jo Hale, Havelock, Carteret-Craven Electric*



JACOB'S LOG:

# amazing grace

By Jacob Brooks

**H**ey everyone. Thanks for flipping the page this way and deciding to stay put right here on my log. Things have been going great this month. School is winding down, and I am incredibly excited about graduating. I'm going to be a Tar Heel in Chapel Hill next year. (Sorry to all the State and Duke fans out there.)

Anyway, Mom is doing well. She came home at the end of April. She was at Forsyth Hospital in Winston-Salem for 47 days where she was treated for acute myeloid leukemia. Things haven't been easy, but with wonderful friends, thousands of prayers, God's grace, and the support of the greatest county in North Carolina, my family has been able to make it through this storm. Words cannot describe how truly grateful my family and I are.

Isn't it peculiar how things tend to work out? One minute, I'm just a kid on a trip to Washington D.C. with the Rural Electric Youth Tour. The next minute, I'm giving a speech in front of thousands of people at the electric cooperatives' annual meeting. One minute, I'm writing character analyses in English class. The next minute, I'm writing a monthly article for Carolina Country. One minute, I'm talking to mom about college in the kitchen. The next minute, I'm talking to mom about the horrible hospital food. One minute, I'm on my knees crying and asking God questions. The next minute, He is giving me answers.

Last month I wrote about the power of greed, and how some in this world are only concerned with themselves. It wasn't long after that that God showed me there are those out there who feel the same way I do. He showed me that there are still those who are out there willing to lend a hand. On April 24 (right before last month's magazine came out), friends and members of my community organized a benefit for my mother; I can't even begin to tell you how touched my family and I were. People from all over the area were doing everything they possibly could to help my family in our time of need: ironing clothes, giving food, donating money. They were close family friends, co-workers, church members, and people who simply wanted to help. It was simply amazing.

On that night I realized that God had heard my thoughts. Maybe He subscribes to Carolina Country and reads my articles. He decided to



*At the community event for my mom, my cousin Jordan (in the blue shirt) showed off dancing skills with his friend Leah. My other cousin is in the back in the green shirt playing the mandolin. We pulled this picture from a video that my aunt made of the event.*

show me that His work is still being done. My preacher always says, "Just leave it up to God. He'll take care of it. If you dwell on it and worry about it, you can't let Him work." Being someone who worries, I honestly never gave it a try until then; it worked. I simply asked for His guidance and aid. Then, I left it up to Him.

One calm and clear day the following week, Mom, Dad and I were sitting in Dad's pickup eating lunch in Wendy's parking lot. We had finished up our burgers and were wondering where we could throw away our trash. Dad noticed a dumpster about 100 feet away, but the lid on it was closed. We were wondering if it was locked, and right then a powerful gust of wind came through and blew the lid open. We all just laughed. Maybe it just happened to be an unlikely coincidence, but to me, it seemed like God was answering more questions.

To all of you who prayed, donated money, gave food, helped with the benefit, aided in any way, and simply thought about me and my family, thank you! It was truly amazing to see the support and kindness my family received. 🙏

*Jacob Brooks represented Blue Ridge Electric on the 2009 Youth Tour and was later elected the national spokesman for the electric cooperatives' Youth Leadership Council. He and his family live in Alleghany County.*



Follow Jacob on the Carolina Country page on Facebook.



# Premium sound has never been easier.



The Bose®  
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Selecting a sound system traditionally has required a difficult compromise. With conventional systems, if you make premium sound your priority, you have to deal with large speakers, stacks of equipment and plenty of wires to hook them up. Opt for small size and simplicity, and you sacrifice the sound.

**Meet the Bose Wave® music system.** It delivers all the pleasures of premium sound from a compact system without the traditional compromises or limitations. Rich Warren of the *News-Gazette* says it "will flat out seduce you." And *Forbes FYI* reports that "you'll think you're listening to a... sound system that costs five times more."

**Easy to enjoy.** The Wave® music system provides a room full of Bose quality sound from an all-in-one system that requires little space and is delightfully simple to use. There are no wires to hook up, no confusing buttons or dials to adjust. Just plug it in and hear the kind of sound that you may have only thought possible from a much larger system. In fact, David Novak, the Gadget Guy, says, "It can easily replace whatever component system you currently have."

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## Western N.C. poll shows approval for wind and other renewable energy sources

A recent poll of western North Carolina residents shows approval for wind energy development. Conducted by Public Policy Polling of Raleigh for the Appalachian State University Energy Center, the survey involved 629 randomly-selected respondents.

Asked about a state legislative proposal that would limit wind energy systems on North Carolina mountain ridges to towers less than 100 feet high for providing electricity to a residence, 21% say the limit is appropriate, 35% say too restrictive, 16% say far too restrictive, 10% say it's

inappropriate, and 19% had no opinion.

Some other results follow:

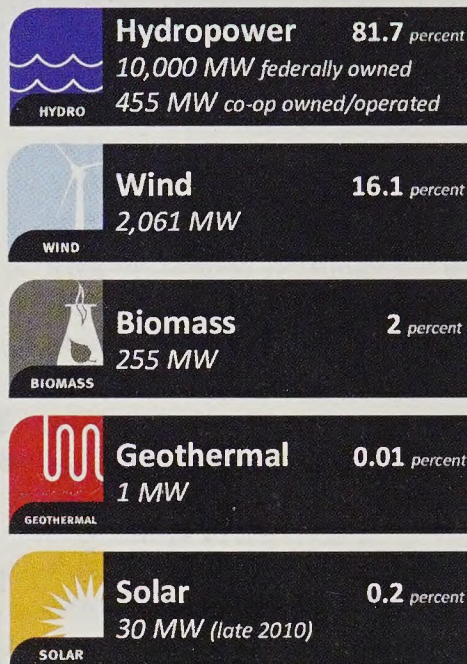
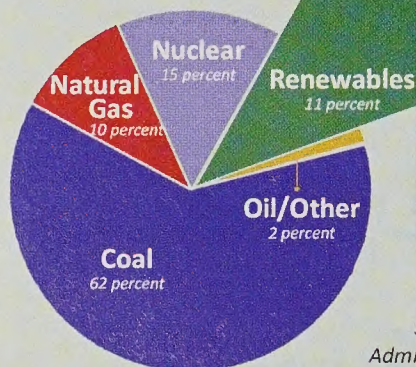
- 85% favor more reliance on wind power for electricity in North Carolina.
- 82% favor more reliance on solar power for electricity in North Carolina.
- 50% favor more reliance on hydro-power for electricity in North Carolina.
- 12% favor more reliance on coal for electricity in North Carolina, while 64% favor less.
- 34% favor more reliance on nuclear power for electricity in North Carolina, while 35% favor less, and 12% favor the same.
- 38% favor more reliance on natural gas for electricity in North Carolina, while 26% favor less, and 30% favor the same.
- 84% favor more emphasis on energy efficiency in North Carolina.
- 17% say wind turbines have a very positive effect on the landscape, while 28% say a positive effect, 43% are neutral and 10% say a negative effect.
- 35% favor encouraging and promoting wind turbines on western North Carolina mountain ridges, while 45% approve allowing them in "appropriate circumstances" and 10% favor prohibiting them.

### Electric Cooperatives Focus on Renewable Energy

Electric cooperatives use a diverse mix of fuels to supply members with safe, reliable, and affordable power.

Renewable resources provide 11 percent of cooperative power needs nationwide, as compared to 9 percent for the nation's entire electric utility sector.

#### Electric Co-op Power Mix:



Source: NRECA, Rural Utilities Service/U.S. Energy Information Administration 2008 Data; Represents all U.S. electric cooperatives

## EPA strengthens requirements for Energy Star TVs



It just got harder for a TV to earn the U.S. Environmental Protection Agency's Energy Star. Starting May 1, TVs that carry the government's Energy Star label are, on average, 40 percent more efficient than conventional models. Available in stores nationwide, the new

TVs will help consumers save energy and money, reduce greenhouse gas emissions, and still deliver features and performance quality.

The new requirements represent EPA's most stringent Energy Star TV specification to date. Qualifying TVs now must use less energy when turned on, but still ensure a satisfactory level of brightness, and they must curb power associated with downloading program guide data.

With more than 19 million TVs with screens larger than 40 inches expected to ship to American homes in 2010, the new specifications also offer savings in larger size TVs. For example, the new requirements for 46 and 50-inch TV models will deliver almost 50 percent savings over conventional models of the same size.

See the latest qualified product list at [www.energystar.gov](http://www.energystar.gov).



# Try This!

## How to buy and use a room AC unit

**Q:** We are thinking of getting a window air conditioner to use this summer. What do we need to know?

**A:** Cooling a home on hot, humid days can be an energy-intensive process—in fact, cooling generally becomes the largest energy expense homeowners face during the summer. A room air conditioner may seem like an easy-to-install, low-cost way to add comfort to a home, but it's easy to waste energy and money in the process.

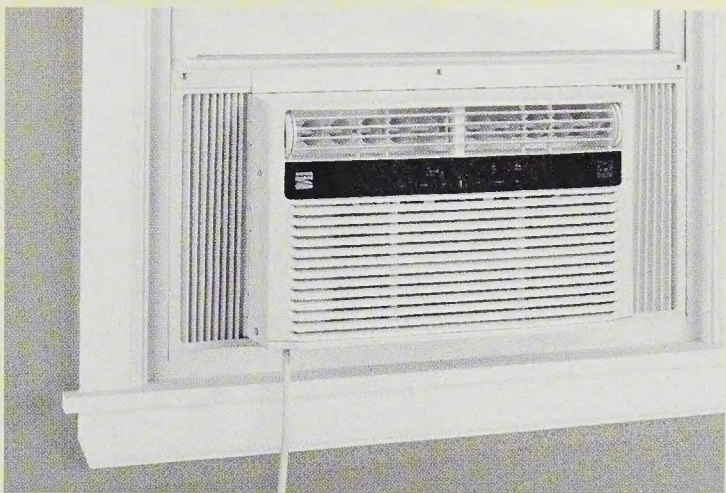
A room air conditioner is an encased assembly—a self-contained box, basically—designed to be mounted in a window, through a wall, or as a console. These units deliver conditioned air to an enclosed space, room or zone. Costing between \$100 and \$1,000, they can be purchased at home improvement centers, big box retailers, even yard sales and flea markets. They tend to last a long time with minimal maintenance, so selecting the right unit can save significant amounts of energy.

Room air conditioners rated by Energy Star are at least 10 percent more efficient than the federal standard. An energy efficiency ratio (EER)—the ratio of the cooling capacity in British thermal units (Btu) per hour to the power input (in watts)—measures each unit's efficiency. The higher the EER rating, the more efficient the air conditioner will be. National appliance standards require room air conditioners built after Jan. 1, 1990, to have a minimum EER of 8.0 or greater.

Energy Star-qualified units have advanced compressors, drawing more heat efficiently from the air than conventional compressors. The high-efficiency motors in these units use less energy to circulate air and run more quietly. However, they do cost slightly more. Energy savings depends on how often the unit operates.

Nationally, an average consumer saves approximately 76 kilowatt-hours per year—about \$8—with an Energy Star-rated room unit. Residents in hot and humid states could save up to \$30 per year, while residents in cooler states may only save \$4. Over the life of the unit a consumer could save between \$50 and \$250, depending on the model and climate. Regions with hotter and more humid climates have the greatest energy-savings potential since they require more cooling.

Consumers should look for models with timers and programmable thermostats. These features offer better temperature control, allowing users to cool spaces



Look for Energy Star labels on room air conditioners such as this Kenmore 70051A/C unit, mounted in a window.

according to their preferences. For example, a homeowner can program the air conditioner to turn on 20 minutes before bedtime to make the bedroom comfortable.

Installing a room air conditioner is typically an easy job. A homeowner who can lift the unit into place can install it in a window in a matter of minutes. Large-capacity units often require a dedicated electrical circuit or may have specific wiring and breaker requirements. These units may need to be installed by a professional.

Room air conditioners come in various sizes. Many people buy the largest unit they can afford, assuming more power is better. While that may be true in racing, it's not necessarily the case when buying an air conditioner. A unit that is too large will cool the room too quickly to properly remove all of the humidity, leaving the room feeling cool, but also wet and clammy.

Most room air conditioner purchases are "impulse buys"—purchased during hot weather. Most retail displays do not promote the benefits of Energy Star-qualified models. Purchase the unit from a knowledgeable retailer who will help you select the right size unit for your room.

Consumers replacing an existing unit should not throw the old unit away. Air conditioners contain refrigerant that should be removed by a trained technician. Contact a local solid waste organization for how to properly dispose of your old unit.

An energy-efficient room air conditioner uses less energy and costs less to operate than a cheaper, inefficient model. Making smart energy choices will leave you happier, and with a few extra bucks in your pocket.

*Brian Sloboda, a program manager specializing in energy efficiency for the Cooperative Research Network.*

## Can you help others save energy?

Send your conservation ideas or questions to us:

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or E-mail: [editor@carolinacountry.com](mailto:editor@carolinacountry.com)



## WHERE IN CAROLINA COUNTRY IS THIS? →



### May winner

More than 200 people from all parts of the state correctly guessed the location of the May photo, and more than 80 misidentified it. It's the picnic grounds at Shell Point, Harkers Island, looking across to Cape Lookout Lighthouse. Tim Scherbatskoy wrote us: "When I was a boy, this was Harkers Fishing Camp and Motel, a bunch of small cabins presided over by Gladys Harker." Many thought this was Havens Garden in Washington, or Fort Fisher, Seven Lakes, Jordan Lake, Aurora ferry landing, Myrtle Beach, Knotts Island, Cedar Island. The \$25 winner chosen at random from all the correct ones was Karen Lannoye of Newport, a member of Carteret-Craven Electric.

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by June 7 with your name, address, phone number and the name of your electric cooperative.

By e-mail: [where@carolinacountry.com](mailto:where@carolinacountry.com)

Or by mail: Where in Carolina Country?  
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The winner, chosen at random and announced in our July issue, will receive \$25.

May



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# Passive cooking with a pressure cooker

Text and photos by Diana Walstad

**T**he beauty of a PC (pressure cooker) is that it traps and holds high heat. The trapped heat cooks food long after you've turned the burner off. This "passive cooking" not only saves electricity, but it simplifies cooking. I use passive cooking now to prepare pasta, rice, potatoes, stews, etc.

For example, cooking spaghetti pasta ordinarily involves continuously heating a large pan of boiling water for about 10 minutes. That means an uncovered pan is spewing steam and heat into the kitchen for 10 minutes. (If the air conditioner is on, it's a positively outrageous waste of energy.) If you aren't careful, the water often foams over onto the stove and makes a mess.

Instead, I simply put the dry pasta into a PC and cover the pasta with about an inch of water. With the burner on High, I bring the PC almost to its full pressure (15 pounds-force-per-square-inch or psi). Then I turn the burner off. The pasta fully cooks during the next 10 minutes. (As long as the PC holds some pressure, the water inside is at a temperature above boiling.) I carefully release the remaining pressure. (Study your cooker's instructions for how best to release the pressure before opening.)

I routinely cook the following foods (listed with their passive cook time in minutes): white rice (20 minutes), brown rice (30), soaked black beans (30), beef stew (30), split-peas (25), and pasta (cook time specified on the package). For mixed dishes, you should select foods that have similar cooking times.

Large food pieces like potatoes, split chicken breasts, and turkey drumsticks can be problematic. You can bring the PC to 15 psi, but it won't hold any pressure more than a few minutes. That's because the large food mass is still relatively cold and acts as a "heat sink"



*I have a larger PC (6-quart Presto) for cooking a whole chicken, pork neck bones, etc. Here I'm getting ready to cook up three turkey drumsticks. I purchased this PC online for about \$50. Large, stainless steel pressure cookers (Fogor, Presto and other brands) are available in some ACE hardware or Target stores. Both my PCs are made of stainless steel with a 3-ply construction on the bottom that prevents scorching. I would not recommend aluminum PCs.*

within the PC. Here's where I turn the burner back on and bring the PC back up to 15 psi. Then I turn the burner off. Once the food inside warms sufficiently, the PC should be able to hold some pressure—without the burner on—for the 20–30 minutes required to actually cook the food.

Another method for cooking large food pieces is to gently pre-heat the food for 10–20 minutes. I use a medium-low burner setting that doesn't pressurize the PC. When the pre-heating time is up, I start the cooking. As an example, for cooking three large split-chicken breasts, I would first pre-heat them 15 minutes in the sealed, 6-quart PC with a little water and seasonings. Then I crank the burner up to High and bring the PC to 15 psi. When the PC reaches 15 psi, I turn off the burner, cover the PC with a folded towel and time it for a 30-minute passive cook time.

Passive cooking with a PC has many benefits other than just saving electricity. If I only used my small 3-liter PC to prepare pasta and rice, I would consider it fully worth its initial cost. It shortens the cooking time of brown rice such that I now routinely cook this tasty and nutritious rice. Because the PC is sealed while cooking, there's little water loss and rice doesn't dry out, scorch or stick to the bottom. Because food cooks with the burner off, pressure cooking is ultimately safer. With passive cooking, you don't have to stand by the stove. ☺

*Diana Walstad is a retired research technician in Chapel Hill and a member of Piedmont EMC. She is writing a cookbook.*



## Vegetable Mix

I layer the bottom of the small PC with 1 cup egg noodles, then 2 cups mixed frozen vegetables, and then slices of pre-cooked turkey sausage. I pour one 14-ounce can of diced tomatoes over the layers. I close up the PC and turn the burner on High. After the water starts to boil and the PC starts to pressurize, I turn off the burner and set the timer for 8 minutes.



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# North Carolina blueberries

**N**orth Carolina ranks fifth nationally in blueberry production.

While blueberries can be grown here statewide, their largest concentration is in the southeastern coastal plain areas of Bladen, Duplin, Pender and Sampson counties. The season runs from mid-May in the east through mid-July in the mountains.

Recent news suggests that blueberries can help prevent bowel cancer and urinary tract infection, as well as helping control cholesterol. Their anthocyanin pigments make the berries blue and are credited for their antioxidant

potency. They say that a half cup of blueberries packs as much antioxidant power as five servings of peas, carrots, apples, squash or broccoli.

The most successful variety in

the state is the highbush, though the smaller rabbiteye types can be grown in the coastal plain and piedmont.

Blueberries can be grown in home gardens anywhere in North Carolina, if the right species and proper soil modifications are used. Blueberries can be good hedges for screening purposes, but they can also be used in cluster plantings or as single specimen plants. They have delicate white or pink flowers in the spring and red and yellow fall foliage. Blueberry plants rarely require pesticides in home garden plantings.

Some local sources for plants are Finch Blueberry Nursery in Bailey (252-235-4664), Ed Darden in Rose Hill (910-289-2849) and N.C. Foundation Seed Production in Raleigh (919-737-2821).

After purchasing blueberries, store them covered in your refrigerator. Do not wash blueberries until just prior to use. If served fresh, blueberries should be used within 10 days of purchase.

Blueberries can be frozen right in the pint container they are normally packaged in. Just wrap the entire container plastic wrap being careful to cover all holes. Another easy method to freeze berries is to arrange them in a single layer on a cookie sheet and place in the freezer. When frozen, transfer the blueberries to a freezer container or Ziplock bag. Do not wash the berries until just prior to using.

To locate nearby produce outlets, go to [www.ncfarmfresh.com/farms.asp](http://www.ncfarmfresh.com/farms.asp). 

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- $\frac{3}{4}$  cup milk
- $1\frac{1}{2}$  cup self-rising flour
- $\frac{1}{4}$  teaspoon cinnamon
- $\frac{1}{2}$  cup rolled oats
- $1\frac{1}{2}$  cup fresh NC blueberries

### Topping

- 1 cup confectioners sugar
- 3-4 teaspoons milk

Cream butter and sugar. Add eggs and beat well. Add vanilla and milk. Mix well. Add flour and oats. Mix well. Add flour-coated blueberries and stir with spoon. Pour batter into a greased 9-by-9-inch pan. Sprinkle with  $\frac{1}{4}$  cup brown sugar onto pan. Bake at 325 F. for about 30 to 40 minutes. Let cool then drizzle with topping. This bar freezes well.



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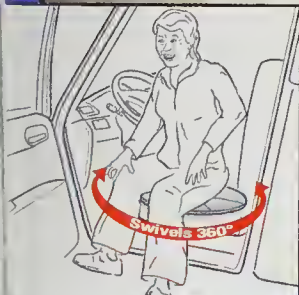
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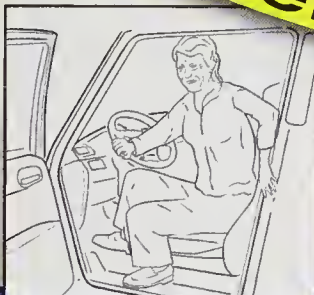
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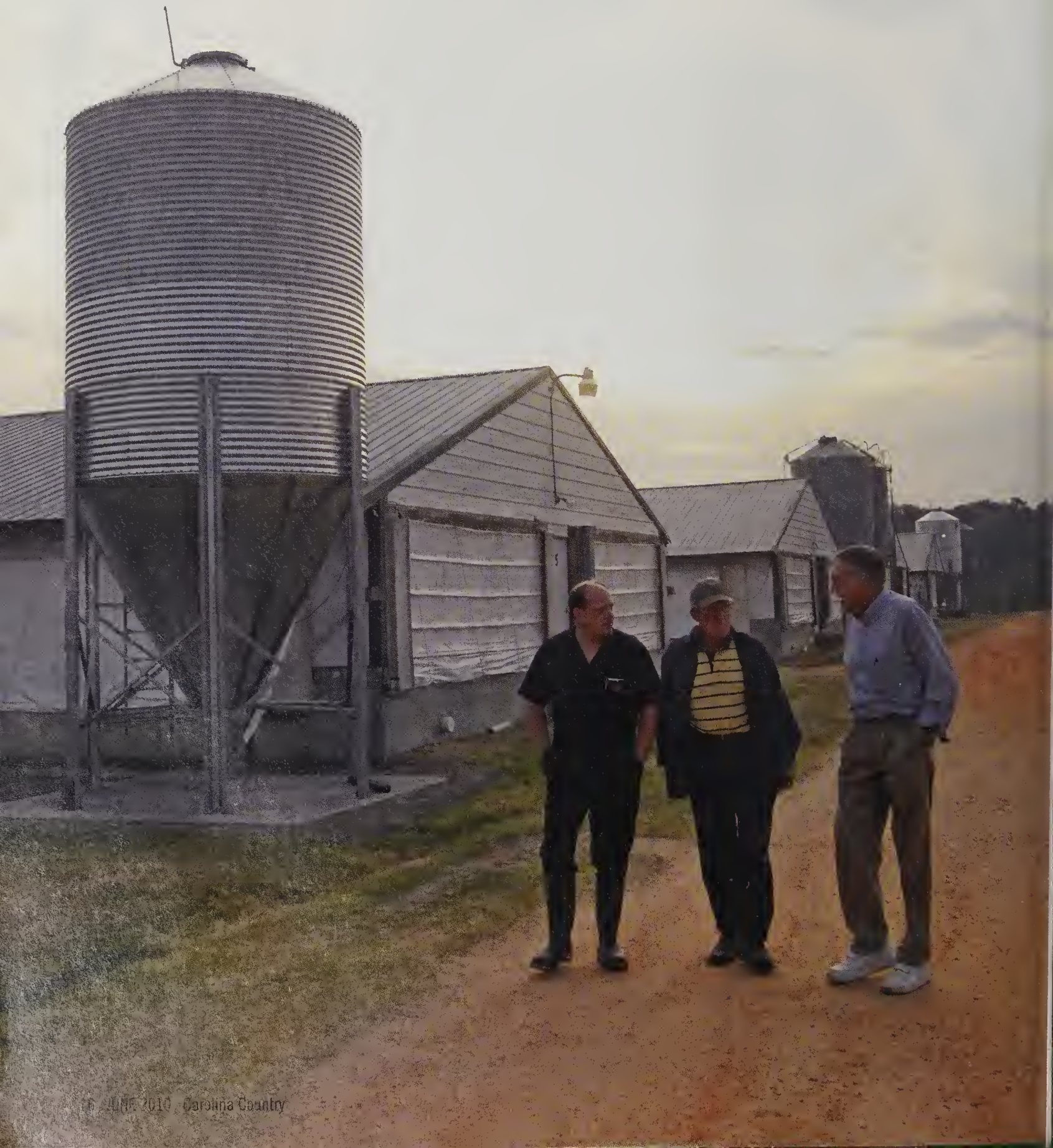
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# Hog Farmers Go Green

Butler Farms turned from tobacco to hogs and can see a cleaner, brighter future

*By Sidney Cruze | Photography by Doug Van de Zande*







*At left: Thomas Butler inspects the flare that burns methane gas created by hog waste. Methane is a formidable greenhouse gas. Burning methane converts it to water and carbon dioxide, which has less heat-trapping power.*

*Above: Will Butler works with the farm's hogs every day. The farm has about 8,000 hogs.*

Thomas and Robert Butler have fond memories of their father. A lifelong farmer, he instilled a strong work ethic in his sons.

"He always told us, 'It's *our* farm. We all work hard, and we all benefit,'" Thomas says. "Then he joked that when he died, we would probably sell the farm and move to town."

Years later the Butlers are still farming the family land; they operate a large-scale hog farm on 108 acres in Harnett County. Once traditional tobacco farmers, they are now agricultural pioneers working to promote a hog waste storage system that farmers can use to cut down on greenhouse gas emissions, earn carbon credits and transform animal waste into electricity. Their use of the system has attracted attention from across the country and helped put North Carolina on the cutting edge of agriculture's green evolution.

The Butlers grew up helping their father grow tobacco. Changes in the industry brought changes to their farm, and by the early 1990s, they were leasing most of their land to other growers. "We love the farm. But with tobacco on the way out, we were more or less leasing it," Robert says.

They began raising hogs to keep the farmland in the family, and today they house 8,000 animals on the property. As farmers the Butlers are committed

to being good stewards of their land, and they know confinement hog farms can be hard on the environment, if not properly managed. So when Thomas learned about a system for storing hog waste that would make their operation more earth-friendly, they decided to give it a try.

### Covered lagoons clear the air

The system has two components: covers for lagoons filled with hog waste, and technology that captures and burns the methane gas that the waste creates.

The Butlers covered their lagoons in 2006, after signing a contract with the Environmental Credit Corporation (ECC), a Pennsylvania-based company that provides the lagoon covers. Today they store almost 11 million gallons of effluent beneath a layer of bright green polymer. Decomposed hog waste produces methane—a greenhouse gas 21 times more powerful than carbon dioxide. In 2008 the Butlers installed a flare system that collects the methane then burns it. This process converts it to water and CO<sub>2</sub>—a form that makes less of an impact on the earth's atmosphere. Today the Butlers can sequester almost 6,000 tons of carbon annually. Each ton can be converted to carbon credits they can sell on the Chicago Climate Exchange.

*"We can use our system to show young people that a career in farming means more than spending time in a barn. Here we have a chance to make electricity."*

*continued on page 18*





*Brothers Thomas and Robert Butler decided to raise hogs to keep their Harnett County farm in the family. The polymer cover over their waste lagoons keeps out rain. A built-in piping system carries the methane gas byproduct to the flare to be burned off.*

ECC provides the carbon credit services for the Butlers; it also owns the lagoon covers and the flare system. By using the ECC technology, the Butlers give the company a chance to test the system and participate in the carbon economy. In return, ECC pays the Butlers a fee for maintaining the covers and keeping records of how much gas is produced.

So far profits are modest, but that could soon change. The methane capture system is a potential source of green energy. The Butlers plan to install a generator that will convert the collected methane into electricity that can be used by the utility grid. Once the generator is in place, their Touchstone Energy cooperative South River Electric Membership Corporation will work with the Butlers to purchase the energy it produces.

The Butlers are not the only hog farmers exploring the use of this technology; another located in South River EMC's five-county region has installed lagoon covers and the flare system. The cooperative is assisting both.

"Any use of renewable energy is a good thing, and this is our first biogas project," says Catherine O'Dell, manager of member and public affairs at South River EMC. "The Butlers are great to work with. It's impressive they want to use their methane capture system to produce electricity. They want to be good stewards of the environment and for the swine industry. We'll do all we can to help them succeed."

### One of the nicest farms here

When hog waste is stored in uncovered lagoons, it releases ammonia into the air. By covering their lagoons the Butlers cut down on the emissions and the odors associated with the farm. They estimate they have reduced the smell by more than 75 percent, and neighbors say it makes a big difference.

Farmers, public health officials and others for years have debated how hog farm ammonia emissions and nitrogen byproducts affect public health and the environment. Professor Michael Aitken, chair of the Environmental Sciences and Engineering Department


at the UNC Gillings School of Public Health in Chapel Hill, has developed a way to reduce the amount of nitrogen and ammonia in hog waste. He plans to use the Butlers' covered lagoons as a test site for his system. A Gillings Innovation Lab will be based at the farm, where a researcher will spend 18 months studying how well Aitken's process for removing pollutants works with the Butler methane capture system.

"We're trying to show whether it's both technologically and economically feasible to couple the Butlers' already-established energy recovery system with our method for increasing environmental performance," says Aitken, who will manage the lab. "The innovation is in integrating these two processes."

At only six millimeters thick, the plastic that covers one of the Butlers' lagoons can support 50 adults—making it strong enough to keep tens of gallons of rainwater out of the lagoon. By keeping rainwater out, the cover prevents waste spills and protects water quality in nearby creeks and streams.

"It saves us money too," says Thomas' son Will, "because we don't have to pump the water out of the lagoon."

US Department of Agriculture Secretary Tom Vilsack visited the Butlers' farm last fall, and he was impressed. "He said it was one of the nicest farms here. He said it was what he didn't smell that impressed him," Thomas says. "He was also excited about the educational opportunity it offers. We can use our system to show young people that a career in farming means more than spending time in a barn. Here we have a chance to make electricity."

The Butlers' father passed away years ago. But when talk with their mother, 92, turns to farming, she always tells them, "Your dad would be proud." 

*Sidney Cruze is a Carolina Country contributing writer who lives in Durham.*

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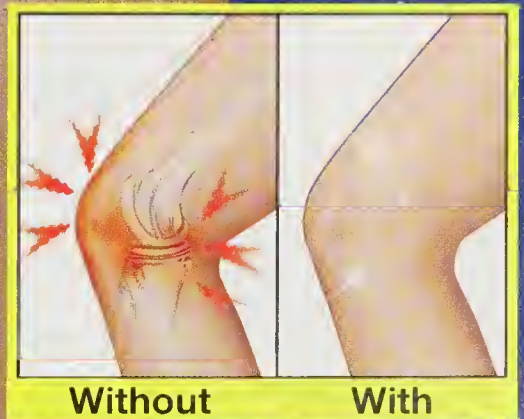
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# 26<sup>TH</sup> NORTH CAROLINA

*By Randal Garrison, 26th North Carolina Reactivated*

Looking toward the 150th anniversary of the Civil War in North Carolina (2011–2015), I would like to explain the commemorative role that reenactment organizations have played and will play.

I have the honor of being the communications officer and third in command of the 26th North Carolina Reactivated, a Civil War reenactment group headquartered in North Carolina. We are much more than just a collection of semi-serious, sometimes ridiculous older men in costume. We are also not a collection of anachronistic yahoos who are trying to fight and win the Civil War this time around. We are a group of over 300 military members, and hundreds of Ladies Aide and civilian supporters, all with one goal: to remember and perpetuate the history of the time period known as the American Civil War.

In 1981 a handful of descendants of the 26th North Carolina Troops embarked upon an effort to create an organization to perpetuate the history of their ancestors' regiment and North Carolina's role in the American Civil War. By 1982 these men, joined by others with the same interests, officially formed in Rutherfordton, N.C., the Society for the Historical Preservation of the 26th Regiment North Carolina Troops. From these humble beginnings, the 26th NC has grown into the largest single reenactment unit in the state and one of the largest in the nation.

The original 26th North Carolina Regiment formed in 1861 comprising men from western and central North Carolina. It has the historical distinction of suffering more casualties than any single unit on either side of the Civil War. The 26th participated in battles from Virginia through Maryland and fought in Gettysburg, including in Pickett's Charge. The regiment remained active throughout the war until the surrender at Appomattox.

Our 200-plus Infantry members live in all regions of the state. As with most Civil War reenactment units, the men of the 26th NC also have other portrays. For example, when taking part in a western theater event, where the Army of Tennessee was present, we represent the 58th NC, which was one of the four regiments from North Carolina in that famous army. About two times a year, our men portray a Federal regiment, mainly because it is difficult to field enough Federal troops at some reenactments. Our Federal impression is based on the 24th Michigan Volunteers, member of the famed Iron Brigade of the Army of the Potomac which faced the 26th NC during the first day's fight at Gettysburg. It is our humble duty and honor to portray all soldiers accurately and respectfully.

The reenacting component of the 26th NC has participated in all of the large anniversary events since 1986. This year we will participate in the anniversary battles of Spotsylvania

Court House and Cedar Creek. We also perform at living history programs for the National Park Service, privately-owned historical sites, and the State Historic Sites of North Carolina. We were honored to be a part of the funeral for the C.S.S. Hunley crewmen in Charleston, S.C. In 2009 we appeared at the Cold Harbor Battlefield in Virginia to commemorate the 145th anniversary of that battle.

The 26th NC has helped to preserve and restore many artifacts, grave markers and monuments. One of the most important was the restoration of the North Carolina Memorial at Gettysburg, concluded on July 1, 1985. More recently, the members of the 26th NC have formed a partnership with the North Carolina Museum of History to raise the necessary funds to restore various Confederate Battle Flags.

We placed a monument to the men of the 26th NC at the New Bern (N.C.) Battlefield, completed in March 2007.

On June 11–13 we will join the commemoration of the Battle at Shenandoah in Port Republic, Va. 📍

*Randal Garrison lives in Morganton.*

## More Information

The 26th North Carolina reenactment organization:  
[www.26nc.org](http://www.26nc.org)

The Sesquicentennial of the Civil War in North Carolina:  
[www.nccivilwar150.com](http://www.nccivilwar150.com)



# Lightning Protection Systems



## Lightning Conductors

Properly installed lightning protection conductors provide a safe path for lightning to discharge into the grounding system.



## Lightning Rod

Lightning rods properly placed on the roof of a house or building provide a dedicated attachment point for discharging lightning energy safely to the earth.



## AC Power

Installed at the main power distribution panel, an AC power surge suppressor protects all electrical power in the house or building from transient disturbances, safeguarding all in-house electronics, such as computers, alarm systems, entertainment systems and home theaters.



## Ground Rods

Ground rods provide a safe path for lightning to discharge into the ground without any damage to your home or building. They are placed in the earth around a house or building.



## Cable/Satellite Television

Cable/satellite television surge suppressors protect televisions and/or other audio/video equipment.



## Telephone

Telephone line surge suppressors protect telephones, fax machines, answering/recording machines, and modems.

## What exactly does a lightning protection system do?

A properly installed lightning protection system intercepts the lightning bolt between cloud and ground and effectively and safely conducts it to the earth. It provides improved and enhanced grounding, while also conditioning all electrical services entrances by means of surge protectors.

Not only is the building protected against fire, but so are possessions such as heirlooms, jewelry and photos. Safeguarded also is electronic equipment such as computers, modems, printers, scanners, DVD recording systems, home entertainment systems, telephones, security systems, garage door openers, sprinklers, intercom systems, and appliances.

## Does it cause lightning to strike?

No, it is a passive protection system that neither attracts nor repels lightning. It provides a means of controlling the strike by offering a dedicated path for the discharge of lightning energy to arrive safely to the earth.

## How do I know that it works?

It is a tried and true method that has been used for over 150 years. Properly installed lightning protection systems are over 99% effective in preventing lightning damage. Even with the modern advances in lightning protection technology, lightning strikes cannot always be prevented.

## About surges

Technology today is becoming faster, smaller and more efficient. However, in exchange for these advantages, electronics are becoming increasingly susceptible to surges. Surge Protective Devices (SPDs) are used to dramatically reduce the magnitude of random, high energy, short duration electrical power anomalies. These occurrences are typically caused by lightning strikes, utility switching, inductive loads, and more. Installation of Surge Protection Devices can reduce the risk of personal injury, physical equipment damage, and loss of operations.

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# Figure income needs when developing retirement plan

By Lisa Hughes-Daniel



**F**or decades you've collected paychecks from an employer. But after you retire, you'll be paying yourself—that is, withdrawing money from the nest egg you've saved.

Unfortunately many retirees, flush from having sudden access to a large sum of money, overpay themselves early in retirement. Some folks deplete their savings at a stage in life when it's difficult to recover financially. You can avoid this situation by creating a retirement income plan.

Part budget, part roadmap, a retirement income plan is a strategy for drawing on your assets and benefits at a sustainable rate and in a way that will be most advantageous to you. Ideally, you should start designing your plan about five years before you retire, but it's never too late.

You can take the steps below yourself, although enlisting the help of a trusted, certified financial advisor is a good idea.

## Take stock

As with any budget, first get the facts on paper, starting with the money you'll need each month in retirement. Make a list of projected costs: mortgage, insurance, utilities, property taxes, food and other monthly expenses. Don't forget

line items that will change after you leave your job, like medical insurance, travel and new hobbies.

Also consider large future expenses you're likely to face—home repairs, replacing cars, and especially medical costs. Even with Medicare, most experts recommend that retirees budget heavily for their own health care.

Next, what sources of income do you expect to have? List these, too: Social Security benefits, pension benefits, retirement savings accounts, and other investment or cash accounts. Use the best estimates and projections you have.

## Gauge your withdrawal needs

Part of your monthly expenses may be covered by sources of fixed income, such as Social Security and possibly annuity payments from a retirement plan. What expenses remain that you'd need to finance with personal savings?

Compare that amount with your total nest egg. To ensure your money will last the rest of your life, experts recommend that you withdraw no more than 3 to 5 percent of retirement savings in the first year of retirement, then adjust that amount each following year for inflation. Would your budget require more than that? If so, you may

need to save more before retiring, reduce your expenses or consider part-time work.

## Do an investment check-up

Your investment strategy needs a thorough review as you prepare to move from the "earning" years to the "spending" years. While you'll probably still need to invest in some stocks for growth, it's also time to start moving money you'll need in the next several years to more stable investments, like money market accounts. That can protect you against extreme market losses when you can least afford them.

## Review your plan periodically

Life will evolve, and your financial needs may, too. After you retire, revisit your plan every two to three years or upon a major life event that affects your finances, then make adjustments as needed. 🍀

*Lisa Hughes-Daniel is a marketing communications consultant who works for the National Rural Electric Cooperative Association.*



## North Carolina Resource

North Carolina Department of State Treasurer's Web site provides retirement planning information useful not only to state employees but the general public as well. Click on the Retirement header at the top of its home page, then click on the NC Retirement Planning link at left for rates of return tables and more.

[www.nctreasurer.com](http://www.nctreasurer.com)



# How to get kids involved in doing

## L A U N D R Y

**W**hen school lets out, children have more time to play and get dirty—good for their spirits but not so good for the laundry. Fortunately, they also have more time to learn new tasks. That's why summer is an opportune time to begin teaching children the ins and outs of doing laundry. Teaching children how to wash and dry clothes, even if showing only parts of the process, will help them later in life—and is a good way to cultivate their sense of responsibility. Here are some teamwork tips from appliance experts at [RepairClinic.com](http://RepairClinic.com) (including several working moms).

### Minimize the amount

- Teach school-age kids the difference between “I wore it for two hours” and “It needs to be washed.” Have them check for smells or stains. Especially if it's a pair of pants, they can usually be worn again.
- Ask them to help sort the laundry before it goes in the washer. This will teach them to be more careful about how often they throw not-so-dirty clothes in the dirty clothes hamper.

### Prioritize the wash

- Set up a couple of separate dirty-laundry bins—one for whites and one for colors—usually kept in the kids' bathroom or bedroom area.
- Consider having a third, reserved just for “emergency laundry” such as the usual “we have another soccer game tomorrow, and I need this washed tonight” bin, probably next

to the washing machine—label it with a sign that says: “URGENT”.

### Personalize the chores

- Require them to be responsible for bringing their laundry to the hamper, either in their bathroom area or their bedroom. Help them to realize that only the laundry that makes it to the hamper will be washed.

- Remind them to inform parents in advance when there are serious stains on a piece of clothing—Kool Aid, chocolate or mud, for example.

### Color-code for easy sorting

If there are several children in the home, assign a different color code to each one (requires some planning for purchasing color-coded clothing): Johnny has all the red tipped socks, Tommy has all the blue tipped socks, Jenny has all the pink underwear and Mary has all the lavender ones. This will save some serious time when it comes to sorting—not as much time is spent looking at tags.

### Reward the labor

Hold a Friday night (or another night) sorting party. This works well with school-age kids, but usually not teenagers (unless there are major freedom incentives like money or car-use). With younger kids, offer a nickel for every pair of socks that is matched, and maybe even sneak the job in while

they're watching their favorite TV program. When the party is over, have some pizza or offer other fun activities that can be used as incentives in advance.

Be sure to high-five your new laundry team, and savor moments spent working together with the kids. Remember, it won't be long 'til they'll be off to college. 🍌

*Source: [RepairClinic.com](http://RepairClinic.com), an online resource for home appliances founded in Canton, Mich.*



- Purchase separate baskets or bins for each kid (labeled with their name) depending on their ages, so they can carry their own laundry to their room and put it away themselves.

### Sterilize the process

- Ask them specifically not to leave gum, candy, money, Chapstick, cell phones or iPods in their pockets. If they forget, show them what happens to the clothes (in a constructive manner).





# 2ND SATURDAYS

New program provides fun family events across N.C. this summer

**T**he North Carolina Department of Cultural Resources has scheduled a new 2nd Saturdays program of more than 100 events in June, July and August. The 2nd Saturdays program combines arts and heritage with food and fun on June 12, July 10 and Aug. 14, at all 37 museums and Historic Sites under the Department of Cultural Resources. Most events are free.

Events will reflect the character of the host location, whether it be storytelling at Town Creek Indian Mound in Montgomery County with American Indian craft, music and food; or re-enactors, quilting demonstrations, music and fresh farm produce at the CSS Neuse in Lenoir County.

Organizers predict that 2nd Saturdays will attract visitors and will generate sales opportunities for artists and for farmers with produce or value-added products such as honey.

Partners in 2nd Saturdays include Our State magazine, the Division of Tourism within the N.C. Department of Commerce, N.C. Cooperative Extension, and the Tourism Extension Program in N.C. State University's Parks Recreation and Tourism Management.

## When and where

Event time varies at each site, but is generally 10 a.m. to 4 p.m. A map and schedule links, divided by regions, are on the Department of Cultural Resources Web site. Call (919) 807-7389 or visit [www.ncculture.com](http://www.ncculture.com).

## 2ND SATURDAYS LOCATIONS

N.C. Museum of History, Raleigh	Fort Fisher State Historic Site, Kure Beach
N.C. State Capitol, Raleigh	Fort Anderson/Brunswick Town State Historic Site, Winnabow
N.C. Maritime Museum, Beaufort	Charlotte Hawkins Brown Museum, Gibsonville
N.C. Maritime Museum, Southport	Alamance Battleground, Burlington
Tryon Palace Historic Site and Gardens, New Bern	House in the Horseshoe State Historic Site, Sanford
Battleship USS North Carolina, Wilmington	Town Creek Indian Mound, Mount Gilead
Graveyard of the Atlantic Museum, Hatteras	Fort Dobbs State Historic Site, Statesville
Mountain Gateway Museum, Old Fort	Horne Creek Living Historical Farm, Pinnacle
Museum of the Cape Fear, Fayetteville	N.C. Transportation Museum, Spencer
Museum of the Albemarle, Elizabeth City	President James K. Polk Memorial, Pineville
Duke Homestead, Durham	Reed Gold Mine, Midland
Bennett Place, Durham	Zebulon Vance Birthplace, Weaverville
Historic Stagville, Durham	Somerset Place, Creswell
Gov. Charles B. Aycock Birthplace, Fremont	Thomas Wolfe Memorial, Asheville
CSS Neuse/Richard Caswell Memorial, Kinston	Roanoke Island Festival Park, Manteo
Historic Bath, Bath	N.C. Museum of Art, Raleigh
Historic Edenton, Edenton	Southeastern Center for Contemporary Art, Winston-Salem
Historic Halifax, Halifax	
Bentonville Battlefield, Four Oaks	





# Jackson County Cove

By Howard E. Alley

**W**hen I was only six years old, I loved the tales my Daddy told of bears and boars and mountain lions, and roving beasts of every kind that roamed the hills where he was born and prowled the night 'til dawn.

He told of panthers dark and swift that lurked among the towering cliffs. He spoke of hemlock, spruce and pine and lowering shrubs of every kind, like laurel and rhododendron blooms that graced the valley. Dad told of trout streams rushing by and mountains higher than the sky.


But now and then he told how hard he worked from dawn 'til dusk. He lived back when the land was young, when folks he lived among were honest, upright, brave and true. The times were hard. But folks knew how to just make do with meager means and share with others what they had.

The years rolled by and so, Dad said,

with many of his people dead he left the land his fathers cleared, the sheltered home where he was reared. His parents soon sold the land.

Now 80 years have passed away since Dad left the cove, and few remain in this quiet valley who still remember John H. Alley. But I remember him. I now live where he once did. Each day I enjoy the land he wandered as a boy.

I sometimes think I see his face in every scene around the place. I watch him plow with a brawny team the fertile fields beside the stream. I climb the same cliffs, explore the same trails. From my cabin's deck I reflect in silent reverence on what has always surrounded us all.

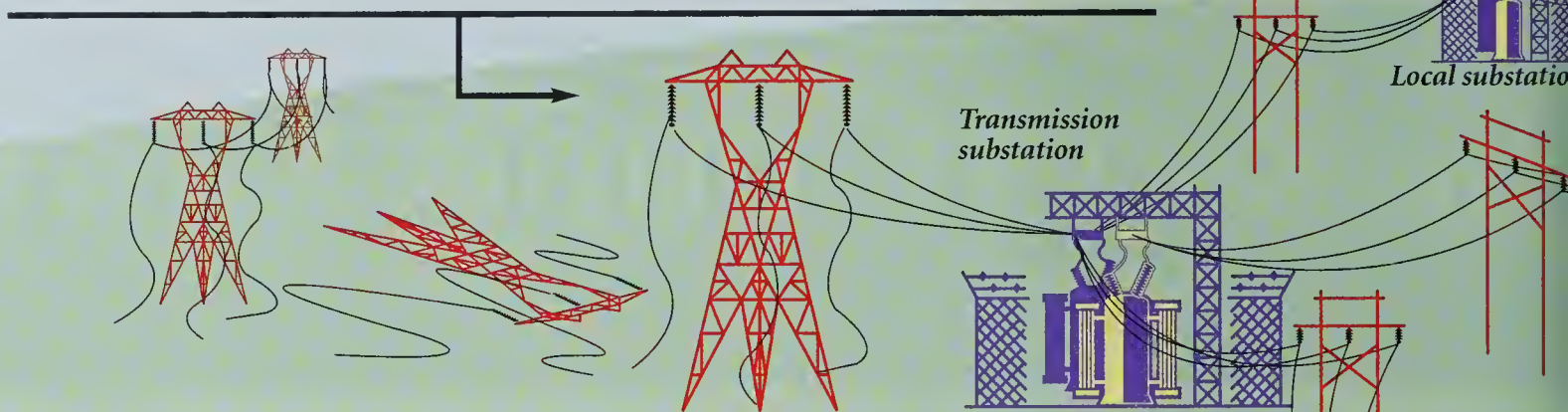
I never fail to thank my God who brought me to this sacred place and reaffirmed in me anew the life my forefathers knew. True, I have lived beyond my prime. Soon I no longer will climb Whiteside's heights. But I shall treasure every day that I'm permitted to stay here in this blessed home, with my Kathleen, where life is serene and dreams are real. I could never wish for more than living here at Heaven's door. 

*Howard Alley's great-great-great grandfather in 1837 settled in this cove soon after his predecessors, the Cherokee, were removed. Mr. Alley and his wife built their summer cabin on two acres of land in Jackson County, N.C., near Highlands, that they bought from descendants of the family who in 1913 bought his grandfather's place. The Alleys live in Roswell, Ga., and are members of Haywood EMC.*



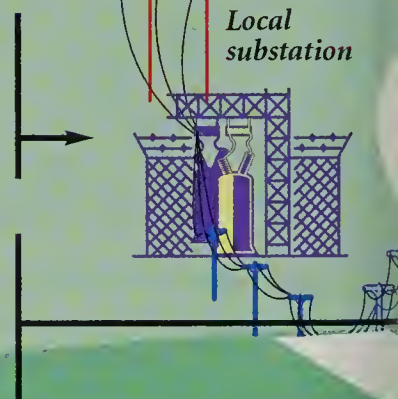
# The steps to restoring power

**Step 1.** Transmission towers and lines supply power to one or more transmission substations. These lines seldom fail, but they can be damaged by a hurricane or tornado. Tens of thousands of people could be served by one high-voltage transmission line, so if there is damage here it gets attention first.



**Step 2.** A co-op may have several local distribution substations, each serving thousands of consumers. When a major outage occurs, the local distribution substations are checked first. A problem here could be caused by failure in the transmission system supplying the substation. If the problem can be corrected at the substation level, power may be restored to a large number of people.

**Step 3.** Main distribution supply lines are checked next if the problem cannot be isolated at the substation. These supply lines carry electricity away from the substation to a group of consumers, such as a town or housing development. When power is restored at this stage, all consumers served by this supply line could see the lights come on, as long as there is no problem farther down the line.



**H**urricanes and ice storms. Tornadoes and blizzards. Electric cooperative members have seen them all. And with such severe weather comes power outages. Restoring power after a major outage is a big job that involves much more than simply throwing a switch or removing a tree from a line.

The main goal is to restore power safely to the greatest number of members in the shortest time possible.

The major cause of outages is damage caused by fallen trees. That's why your electric cooperative has an ongoing right-of-way maintenance program.

This illustration explains how power typically is restored after a major disaster.



**Area enlarged:** Consumers themselves (not the co-op) are responsible for damage to the service installation on the building. Your co-op can't fix anything beyond this point. Call a licensed electrician.

**Step 5.** Sometimes, damage will occur on the service line between your house and the transformer on the nearby pole. This can explain why you have no power when your neighbor does. Your co-op needs to know you have an outage here, so a service crew can repair it.

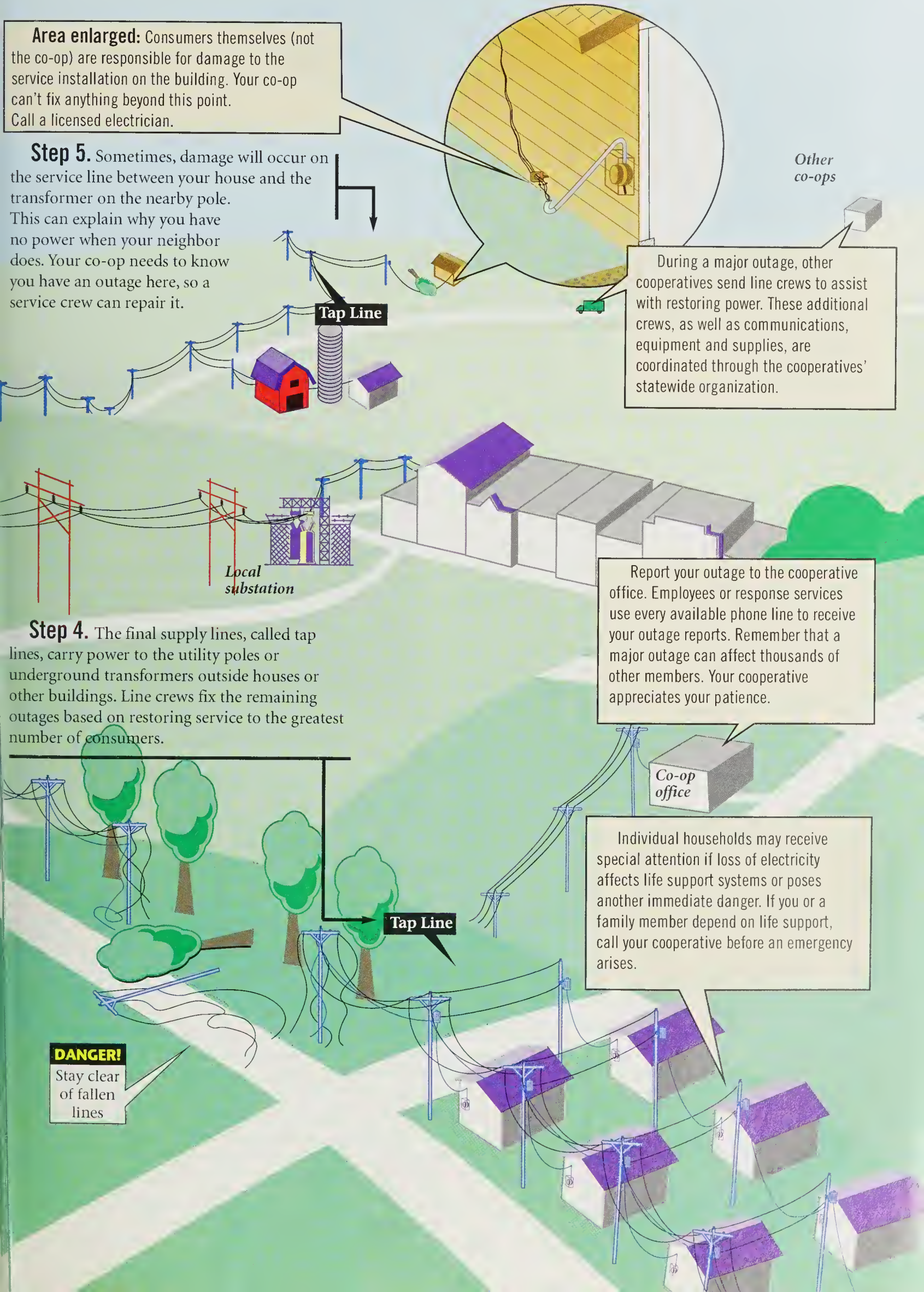
During a major outage, other cooperatives send line crews to assist with restoring power. These additional crews, as well as communications, equipment and supplies, are coordinated through the cooperatives' statewide organization.

Report your outage to the cooperative office. Employees or response services use every available phone line to receive your outage reports. Remember that a major outage can affect thousands of other members. Your cooperative appreciates your patience.

Individual households may receive special attention if loss of electricity affects life support systems or poses another immediate danger. If you or a family member depend on life support, call your cooperative before an emergency arises.

**Step 4.** The final supply lines, called tap lines, carry power to the utility poles or underground transformers outside houses or other buildings. Line crews fix the remaining outages based on restoring service to the greatest number of consumers.

**DANGER!**  
Stay clear of fallen lines





# I Remember...



This is my cousin Kenny Hough picking grapes in Lilesville, Anson County, around 1955.

## Picking Grapes

My grandpa grew his own grape vines with lots of muscadine grapes. We cousins always loved picking them. We ate a lot of home-made grape jelly and homemade biscuits.

Our days would also include playing horsehoes, playing baseball and checkers. We enjoyed a special closeness from living such a simple life in a small community.

The Lord took my cousin home as a young man but I still have a lot of good memories.

*Dorothy Steele, Lilesville, Pee Dee Electric*

## Butterfingers and the baseball

August, 1933, a depression year. My parental birthday present was the unaffordable gift of \$1.25 for me to buy a grandstand ticket to a Sunday double header at Chicago's Wrigley Field. My heroes, the Chicago Cubs, were to play the hated St. Louis Cardinals.

About the 6th inning of the first game, the batter fouled a pitch into the stands directly at me. I cupped my bare hands to catch this prize. The ball popped into my eager grasp, and promptly popped out. It bounced on the concrete ramp to seats in front of me and was quickly scooped up by a boy with surer hands than mine.

"Stunned" hardly describes my despair. My mood was not brightened any by neighboring fans who laughingly joked at my "butterfingers."

An individual who had witnessed the tragedy was an older policeman from the Chicago Police Department who was on duty at the exit ramp close to my seat. After the intermission between games, this patrolman approached me, thrust a new baseball into my hands and said, "Here, kid. Hold on to this one." Apparently this benevolent man had taken the time and effort to go the Cubs office to obtain a ball for me.

I am now 88 years old, still a Cubs fan, and after all these years still reminiscent of the altruistic officer who felt sorry for a desolate 12-year-old boy and changed his gloom into sunshine.

*George Dettenmayer, Pittsboro*

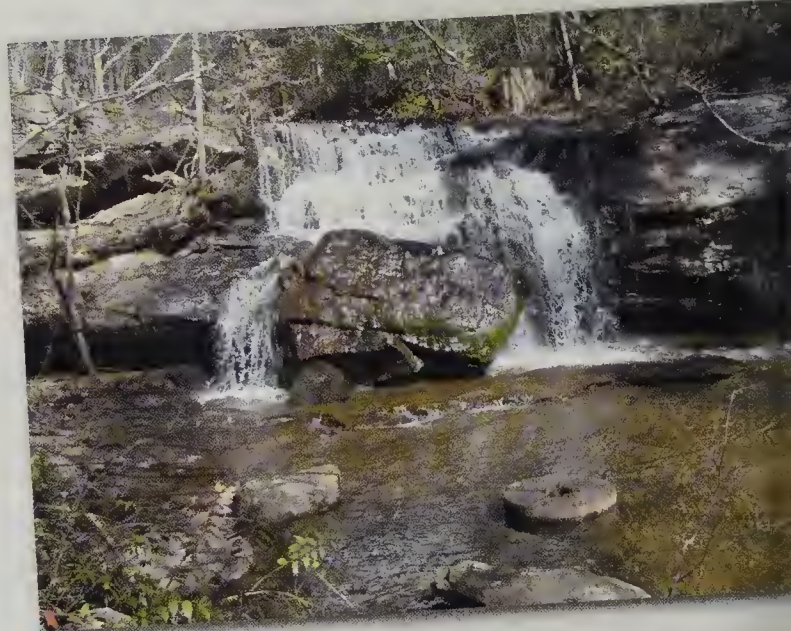
## SEND US YOUR *Memories*

We'll pay \$50 for those we publish in the magazine. We can put even more on our Internet sites, but can't pay for them. (If you don't want them on the Internet, let us know.)

### Guidelines:

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2. Digital photos must be at least 600kb or 1200 by 800 pixels.
3. No deadline, but only one entry per household per month.
4. Send a self-addressed, stamped envelope if you want yours returned.

5. We pay \$50 for each one published in the magazine. We retain reprint rights.
6. Include your name, mailing address and the name of your electric cooperative.
7. E-mail: [iremember@carolinacountry.com](mailto:iremember@carolinacountry.com)  
Or by U.S. mail: I Remember, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616



A broken millstone in the creek serves as a reminder of my great-grandfather's presence on the creek.

## My grandparents' creek

Many of my first memories as a child stem from years spent at my grandparents' home—the home place of my great-grandfather George Parker. George Parker was a man of many talents. Living at the foot of the South Mountains between Briar Creek and Pheasant Creek, he served the mountain community in myriad ways. Mountain folk came from afar to have corn ground, teeth pulled, animals "doctored," and babies delivered.

Little has changed since my childhood on the creek in the early 1940s. As the fog shifts on a cold rainy morning, varied mountaintops come into view. During autumn months, the setting is as colorful as a patchwork quilt, and many fine frigid mornings catch us off guard with a fresh blanket of snow—when it is unheard of in other parts of the county.

I remember the smell of my grandmother's homemade biscuits baking, the sound of country ham frying on her wood cookstove. I can still see the sun filtering through the trees ricocheting off the creek rocks, and I can hear the frogs in early spring.

*Collette Deviney, Moriah, Rutherford EMC*



## Pennies earned

I was 4 years old, and all my older family members were picking cotton in Grandpa's field. I wanted so badly to pick too, so I was given a 10-pound sugar bag with a strip of cloth tied to the corners so it would stay across my shoulders, and I was told to pick cotton and put it in the bag.

Some burrs scratched my hands and I was slow, but I stayed with it all afternoon. At the end of the day, Grandpa paid one cent per pound to all of the field hands according to the weight of the cotton each had picked. I had seven pounds of cotton. I had earned 7 pennies all by myself, and I was so proud!

I ran about 100 yards down the dirt road to home to show Mama. When I showed her, there were only four pennies. I could not count, but I knew three pennies were gone. I had lost them on the way home. I cried and cried. Mama tried to give me three to add to my four, but I didn't want the ones she had. I wanted mine that I had earned.

Even at 4 years old, I knew that something earned is of more value and appreciated so much more than something given to you.

*Louise Deberry, Rockingham, Pee Dee Electric*

## Grandma's porch light

Sometime after the First World War my grandparents finished building their new home. It wasn't as fancy or as big as some of the houses around it but it had a nice screened porch. I imagine my grandfather, whom I never knew, proudly screwing in his first and only light bulb into the new porch fixture.

Over the years, like so many other porches, people would gather around and talk or just wave at the folks passing by. I believe that up to the age of 8, my biggest thrill in life was sleeping on my grandmother's porch. Sometimes on a Saturday night lots of grownups would come over. It wasn't long before someone would go around the corner to the Sweet Shop and get some homemade ice cream. That too was something of a thrill.

After many decades, many conversations and many coats of paint, one thing remained the same about the old porch. My grandfather's same light bulb was still burning brightly. It greeted family and friends at Christmas and treated ghosts and goblins at Halloween. Through war and peace, the light bulb was always there. You are right to think "they don't make things like they use to."

Nearly 90 years have come and gone since the rays of that bulb first lit up my grandparents' faces. Gladly and remarkably, the same bulb now shines in my porch. Sometimes as I swing back and forth in the hammock, I think about the beautiful piece of history shining above my head. No, the bulb will never speak but it does take me far down a trail that ends with many memories. I only ask that it shines just a little longer. One day, if it doesn't, I believe I'll bury it in the backyard like a good loyal pet and dream of eating half-melted ice cream on my grandmother's porch. 🍦

*Kevin Mc Cabe, Buxton, Cape Hatteras Electric*



This me in the cotton field about 1941, the time when I earned my pennies. I was Louise Andrews then.

## Magnetic Therapy Sales

### "A bed magnet relieved my back pain!"

You're here to have fun, Marcy Edwards reminded herself as she trudged through Walt Disney World with her family. But it was hard to feel happy when her first kiddie coaster had sent darts of pain shooting through her lower back. Why can't I have just one good day? she thought glumly.

Marcy's back had been a problem ever since she sustained an injury as a teen. "little things like retrieving a dropped fork were very difficult for me," she confides. Massage therapy brought some relief, but keeping up with the appointments was difficult.

When Marcy spotted an ad for a magnetic mattress pad designed to ease chronic pain, she decided to give it a shot. After a few days of sleeping on the pad, she bent over to tie her shoes and felt...nothing. "No pain — no kidding," She says.

In fact, this year's family vacation was a horseback-riding trip in Montana. Marcy raves, "I finally have my life back!"

### How magnetism soothes Soreness

In a placebo-controlled study at Baylor College of Medicine in Houston, 76 percent of subjects with chronic pain who applied a magnet to sore areas felt markedly better 45 minutes. The likely reason: Magnetic fields attract calcium ions in the blood, which then press against blood-vessel walls for a dilating effect that optimizes circulation. This improves oxygenation of injured tissue to promote healing. Find magnetic pads (\$96 and up) at [www.MagneticTherapySales.com](http://www.MagneticTherapySales.com)



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### Fly Fishing Trail

Fly anglers can visit a lot of places in the U.S., but there's only one place they can go to fish a designated fly fishing trail—North Carolina. The Western North Carolina Fly Fishing Trail provides 15 prime spots to catch trout in the Great Smoky Mountains. The trail, located in Jackson County, offers everything from wide rivers to medium-sized creeks to small streams. Launched by the Jackson County Tourism Authority, the trail is anchored by the Tuckasegee River, which boasts five of the 15 fishing spots. The delayed harvest section of the "Tuck" provides well-stocked catch-and-release waters that can be fished year-round. New this year is the Raven Fork trophy water on the Cherokee Indian Reservation, which can also be fished all year. Raven Fork is regularly stocked with big trout, many exceeding 20 inches and a good number of 30-inch trout. Serious fly anglers tend to gravitate toward the smaller, lesser-known spots such as Panthertown Creek and the wild waters of the Chattooga River, Whitewater River and Tanasee Creek. For a map and lodging options, call or visit the Web site.

(800) 962-1911

[www.FlyFishingTrail.com](http://www.FlyFishingTrail.com)

### Beyond The Blue CD

Based in State Road near Elkin, the band Beyond The Blue offers a unique mix of bluegrass, inspirational gospel, embellished with tight vocal harmonies and picking. Its new CD, also named Beyond The Blue, showcases powerful lead vocals, coupled with precise harmonies and seasoned sounds of banjo, mandolin, fiddle, lead guitar, rhythm guitar and bass. The CD's 12 songs include "Lonesome Pine," "Wagon Wheel," "Waterslide Ride" and "I Believe." To add a note of interest, almost all the band's instruments are custom made by its members. For example, Ken Hooper built the mandolin he plays along with the two guitars (one is left-handed and the other is right-handed). Recorded at Eastwood Studios in Cana, Va., the CD sells for \$12.

(336) 984-7252

[www.beyondtheblueband.com](http://www.beyondtheblueband.com)



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### Gardening with Heirloom Seeds

Heirloom seeds are living antiques handed down from one generation to the next, an inheritance of flavor from long ago and, sometimes, far away. They are sometimes better adapted to pests and harsh conditions than modern varieties and often simply smell or taste better. "Gardening with Heirloom Seeds" serves as a resource for those of all levels of expertise who want to know more about seeds for flowers, fruits, and vegetables. Fifty treasured heirloom species are described, from Frenchman's Darling, a flowering herb whose seeds were pocketed by Napoleon Bonaparte when he invaded Egypt in 1798, to Snow White beets, an old Dutch favorite that will not stain the cook's fingers red. The book offers color and black and white illustrations and includes sources for finding seeds of many old varieties. Because it provides room for making notes, the book can be used year after year and can also be a personal journal to pass along to the next generation. Author Lynn Coulter lives in Georgia. Softcover, 316 pages, \$22.95.



(800) 848-6224

[www.uncpress.unc.edu](http://www.uncpress.unc.edu)

### Blueberry cookbook

The nutritious, delicious blueberry is the star in this new recipe collection called "Best of the Blues." The cookbook contains entries from past recipe contest competitors at the annual North Carolina Blueberry Festival in Burgaw. Compiled and edited by longtime blueberry festival committee member Sue Cowan, the recipes are organized by year, with blue-ribbon symbols noted along award winners. Offerings are diverse and include "Frozen Blueberry Lemon Squares," "Blueberry Black-Bean Salsa" and "Blueberry Chicken Salad in Lettuce Cups." "Best of the Blues" is contained in a three-ring folder, with removable pages containing lists of pantry basics, herbs and spices, measurements, quick cooking fixes, calorie counts, cooking terms and napkin-folding techniques. Book copies are available by calling the number below. They will also be sold at the merchandise tent at the North Carolina Blueberry Festival in Burgaw, held this year on Saturday, June 19. Hardcover, 168 pages, \$15. Published by Morris Press Cookbooks in Kearney, Neb.



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[www.ncblueberryfestival.com](http://www.ncblueberryfestival.com)



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## PERCY P. CASSIDY POLES APART



Use the capital letters in the code clue below to fill in the blanks above.

" A H C L P M T Y " means  
s c r a m b l e

digit  
DETECTION

E	N	E	R	G	Y
9	9	9	9	9	9
8	8	8	8	8	X
7	7	7	7	7	X
6	6	6	6	6	6
5	5	5	5	5	5
4	4	4	4	4	4
3	3	3	3	3	X
X	2	2	2	2	2
X	1	1	1	1	1
X	0	0	0	0	0

$$(EN)^2 = ERGY$$

Each of the six letters in ENERGY stands for a digit. The E stands for a repeated digit. Given the equations below, can you find the value of each letter? Use the grid to eliminate impossibilities. i.e. No square ends in 2, 3, 7, or 8. Therefore Y is not 2, 3, 7, or 8. No number less than 32 has a four digit square. So E is not 0, 1, or 2. Use the grid to eliminate impossibilities. Go figure!

$$(EN)^2 = ERGY \quad E - E = G \quad Y + Y = N \quad E + E = N + R + Y$$

## MATCHBOXES

A L U A E P I O O

$$\begin{array}{r} 2 \\ \times P \\ \hline \end{array}$$

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to have a s \_ \_ \_ \_ \_ .  
l e s e c a d l c d a m r s b e

Use the capital letters in the code key below to fill in the blanks above.

" A E F M O R S T U " means  
s c r a m b l e d

A recent land acquisition in Randolph County makes the North Carolina \_ \_ \_ \_ \_ the largest land area attraction of its kind in the United States. Match the boxes in the code clue below with the boxes above to create this multiplication problem. Solve the problem and write your answer in the box tops. Then match boxes again to find the two missing words.

1 2 3 4 5 6 7 8 9 0  
A P L B C Z U I E O

## Bits from Pieces

J. D. Hayworth, a North Carolina native and an ex-football player for N.C. State, is now living in Arizona and trying to wrest from John McCain that state's Republican nomination for the U.S. Senate.

In 1994, when first running for Congress, Hayworth went jogging in Washington wearing a T-shirt given to him by some Arizona loggers. The shirt read, "If two teenagers can procreate in the back seat of a Volkswagen, why does a spotted owl need 2,000 acres?"

Hayworth's jog intercepted President Clinton's, so he subsequently told the loggers he had "run your message past the president."

-O-

George Will told this story in his column for The Washington Post.



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## Savoring basil

Sweet basil is a darling of the herb garden, treasured for its attractive, aromatic leaves and usefulness in the kitchen. It is easy to grow from seed or transplants. Just give basil plenty of sun and a moderate amount of water. Plant in well-drained soil and don't fuss with fertilizing. As plants grow, pinch out the tops to promote bushier growth and remove flowers to keep the crop of leaves productive. Sweet basil is the old standby used to flavor tomato sauces and pesto, but dozens of basil varieties are available. Depending on the variety, basil may deliver the fragrance and taste of anise, licorice or clove. Cinnamon basil and lime basil offer a subtle twist on the traditional flavor. All basil varieties are edible, but a few are at their best as ornamentals (basils with small, rough leaves or woody stems aren't ideal for cooking). Basil flowers are white, pink, lavender or purple, depending on the variety. Particularly attractive is 'Purple Ruffles', which has frilly, purple leaves. Basil averages 2 feet tall, but several dwarf varieties are offered, including 'Italian Cameo' and 'Windowbox' (each 6–8 inches tall). Sow basil seeds throughout the season for successional crops. Basil seedlings will often volunteer.

## Tangy tomatillos

Tomatillos (*Physalis ixocarpa*) are hardy, generally fuss-free plants that produce tart fruits about 1–3 inches around. The zesty fruit can be puréed to make green salsa, known in Mexico as *salsa verde*. Tomatillos may also be roasted, blanched or sautéed for cooked dishes. The common tomatillo has green fruit, but a purple-fruited variety is also available. Tomatillos have cultivation needs similar to tomatoes. Tomatillos are highly variable but typically grow 2 feet tall with a wider spread. Grow tomatillos in well-drained soil in full sun. Plant at least two to ensure pollination and fruit set. Tomatillos are ready for harvest when the papery husk around the fruit splits.



*Pureed tomatillos star in zesty salsa verde.*

## Hort Shorts

- ▶ Among the woody ornamentals suitable for cut flower arrangements are dogwood, butterfly bush, beautyberry, redbud, lilac, forsythia, magnolia, spirea, viburnum, weigela and camellia. Use a sharp knife or pruner, cutting the base of stem at a 45-degree angle. Make vertical slits a few inches up the stem or peel the bark slightly. This will create a larger surface area for water absorption.
- ▶ The best stage for harvesting cut flowers varies by species. When appropriate, cutting flowers at an early stage will thwart damage from chewing insects. Harvest sunflowers, rudbeckia, cosmos, lilac and camellia just as buds are beginning to open. Cut peonies when buds are marshmallow-soft, just as color is peeking through. Harvest zinnias, yarrow, *Gomphrena* and cockscomb when flowers have fully opened. Harvest hydrangeas and sweet peas at any stage.
- ▶ When cutting lilies for the vase, snip off stamens to remove orange pollen. This will prevent staining of tablecloths and other flowers in the arrangement.

## Salsa Verde with Avocado

from *GourmetSleuth.com*

- 2 garlic cloves, cut into chunks
- Salt, to taste
- 1 small white onion, coarsely chopped
- 2 chili peppers
- ½ pound tomatillos, quartered
- Cilantro, several sprigs
- 1 ripe avocado, peeled and pitted

In a food processor, process garlic and salt to a paste. Add onion, chiles, tomatillos and cilantro. Process with a pulsing action to make a purée. Add avocado and process to the desired smoothness.

- ▶ When repotting or transplanting a cactus, protect your hands by wrapping the plant with a collar made of several sheets of newspaper. Remove lower leaves of yuccas to make transplanting easier. Before moving an agave, you can snip sharp points from the tips of leaves without damaging the plant.
- ▶ Sweet pepperbush is a native ornamental shrub that thrives in wet soils. It bears spicy-sweet, white flowers on 2- to 6-inch stalks (resembling bottlebrushes) for several weeks in summer. 'Ruby Spice' and 'Pink Spires' have pink blossoms. The upright, oval shrub typically grows 4 to 8 feet tall and 4 to 6 feet wide. The compact 'Hummingbird' variety grows 3 feet tall and wide. Fall foliage is yellow. Grow sweet pepperbush in sun to partial shade in moist to wet soil. 🌱



For more gardening advice, go to the "Carolina Gardens" section of [www.carolinacountry.com](http://www.carolinacountry.com).



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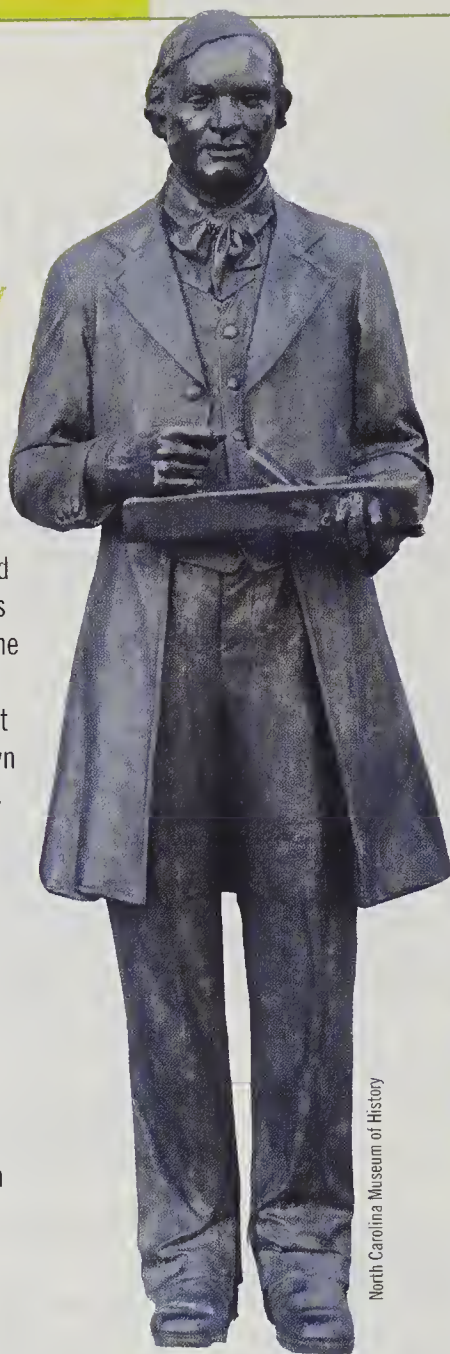
# Getting To Know...

## Thomas Day

Born in 1801 in Dinwiddie County, Virginia

**Known as** furniture artisan and entrepreneur in Milton

**Accomplishments:** Thomas Day was born to free black parents, and he later owned and operated one of North Carolina's largest cabinet shops prior to the Civil War. Many restrictive laws applied to free people of color at this time, except the right to own property. By capitalizing on this freedom, the African American built a life for himself and his family and ran a thriving business during a time when most blacks were enslaved. Despite considerable obstacles, the ambitious master craftsman gained the respect of white clients who were the movers and shakers of the Dan River region in North Carolina and Virginia. He created furniture in popular 19th-century styles—from the very “neat” and plain to the ornate Rococo Revival—and is also known for successfully mechanizing his operations with steam-powered equipment. His furniture still represents the best of 19th-century craftsmanship, and his pieces are highly sought after by collectors.



North Carolina Museum of History

**Editor's note:** A new exhibit on Day is at the North Carolina Museum of History in Raleigh. “Behind the Veneer: Thomas Day, Master Cabinetmaker” presents more than 70 pieces of Day's furniture and explores interesting aspects of his life. Visit Facebook, call (919) 807-7900 or visit [www.ncmuseumofhistory.org](http://www.ncmuseumofhistory.org). There's also a new book out on Day, published by UNC Press of Chapel Hill. “Thomas Day: Master Craftsman and Free Man of Color” tells how Day carefully plotted his course for success and survival in antebellum southern society, and details more than 160 pieces that Day produced between 1835 and 1861. Call (800) 848-6224 or visit [www.uncpress.unc.edu](http://www.uncpress.unc.edu).

## Do you know ...

that the Venus Flytrap, or *Dionaea muscipula*, is native to North Carolina? It's actually our state's official carnivorous plant, designated so in 2005. The rare, mysterious plant has hinged, jaw-like leaves with a sweet smell that attracts insects. Sensitive hairs signal when prey is near and then—**snap!**—its leaves shut! The trapped insect is slowly dissolved by acids and digested by the plant. Flytraps can be found on the coastal plain within a 75-mile radius around Wilmington. Prime viewing time runs from late May through August. Good places



to spot them include Carolina Beach State Park, North Carolina Aquarium at Fort Fisher in Kure Beach and Airlie Gardens in Wilmington. The flytrap currently faces a high risk of extinction in the wild. Fortunately, it is easy to grow at home. For care tips, as well as occasional videos showing flytraps in action, visit [www.flytrapgrowing.info](http://www.flytrapgrowing.info).

## tar heel lessons

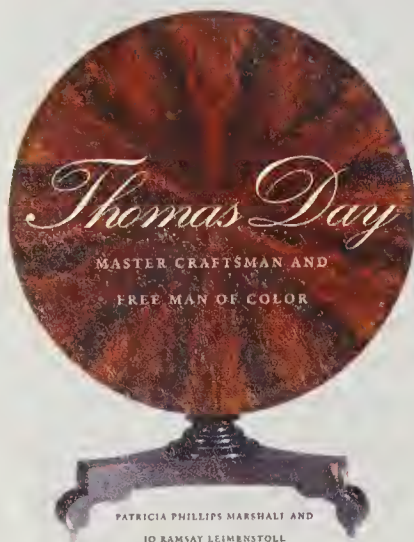
a guide to NC for teachers and students

### Hands-on learning at the farm

Patterson Farm, a 1,000-acre third-generation business in southwestern Rowan County, has been in the agri-tourism business for 16 years. It recently added a children's summer program called Learn and Grow Discovery Farm. Kids learn where their food comes from as they “work” the farm through 13 interactive stations. Through fun simulations, they milk a cow and harvest honey. On school tours, children pick strawberries in the spring, tomatoes in the summer and early fall, and pumpkins in the fall. They ride wagons



through the fields to learn about soil conditions and are educated at a barn puppet show. The farm also offers Geocaching tours, high-tech treasure hunts where teams use GPS units to locate buried targets. Last year, 25,000 people visited the farm in Mount Ulla. For more information, call (704) 636-4005 or visit [www.pattersonfarminc.com](http://www.pattersonfarminc.com).





# June Events



June marks the arrival of blueberry season. Get into the spirit with the Ammon Blueberry Festival in Elizabethtown on Saturday, June 5. The events kick off at 6:30 a.m. with a pancake breakfast, followed by a 10 a.m. parade, and live entertainment until 3 p.m. Call (910) 574-7529.

Also visit Burgaw on Saturday, June 19 for the N.C. Blueberry Festival (above). Enjoy the blueberry bake-off, barbecue, antique car show, live entertainment, arts and crafts, and more. Call (910) 259-9817 or visit [www.ncblueberryfestival.com](http://www.ncblueberryfestival.com) for details.

## ONGOING

**Remarkable  
ododendron Ramble**  
Guided walks, programs  
June 1–13, Linville  
(828) 733-2013  
[www.grandfather.com](http://www.grandfather.com)

**Arts Councils' Fourth Friday**  
Fayetteville  
(910) 483-5311  
[www.theartscouncil.org](http://www.theartscouncil.org)

**Business Pottery & Music Barn**  
Pottery, music, fellowship  
Every Tuesday night  
Waynesville  
(919) 948-4897  
[www.liveatclydes.com](http://www.liveatclydes.com)

**Bluegrass Music**  
Every Thursday night through Oct. 15  
Lenoir  
(817) 844-3055

**First Lady & President Polk Exhibition**  
Through June 11, Grover  
(704) 937-2940  
[www.theinnofthepatriots.com](http://www.theinnofthepatriots.com)

**For the Glory: The Civil War Musical**  
June 2–July 4, Hendersonville  
(828) 693-9708

**"Motoring the Blue Ridge Parkway"**  
June 11–June 2011, Maggie Valley  
(828) 926-6266  
[www.wheelsthroughtime.com](http://www.wheelsthroughtime.com)

**"I Am Woman"**  
Art exhibit  
Through June 11, Kings Mountain  
(704) 739-5585  
[www.southernartssociety.org](http://www.southernartssociety.org)

**New Harmonies—  
Explores Musical Roots**  
Through June 12, Warrenton  
(336) 334-5723  
[www.nchumanities.org](http://www.nchumanities.org)

**Photos of the Rural South**  
Through June 27, Winston Salem  
(336) 758-5150  
[www.renoldahouse.org](http://www.renoldahouse.org)

**Tell Me A Story**  
Famous dolls from children's literature  
Through June 30, High Point  
(336) 885-3655  
[www.dollandminiaturemuseum.org](http://www.dollandminiaturemuseum.org)

**Back Stage Tour**  
"The Lost Colony"  
Through Aug. 20, Manteo  
(252) 473-2127  
[www.thelostcolony.org](http://www.thelostcolony.org)

**Come Sit A Spell:  
Views of The Southern Garden**  
Artistic seating displays  
Through August 22, Belmont  
(704) 825-4490  
[www.dsbg.org](http://www.dsbg.org)

**Fabulous Feed Sacks Exhibit**  
Through Labor Day  
Hayesville  
(828) 389-1401  
[www.clayhistoryarts.org](http://www.clayhistoryarts.org)

**From Lights to Flight:  
US Coast Guard art**  
Through October 18  
Elizabeth City  
(252) 335-1453  
[www.museumofthealbemarle.com](http://www.museumofthealbemarle.com)

**1 Month**  
**Scrapbooking**  
Tarboro  
(252) 641-0857  
[www.cardscraps.com](http://www.cardscraps.com)

**4 Weeks**  
**The Mixed Emotions**  
Beach music  
Mount Airy  
(336) 786-7998  
[www.surryarts.org](http://www.surryarts.org)  
**Herb Festival**  
June 4–5, Monroe  
(704) 283-3822  
[www.piedmonthherbfestival.com](http://www.piedmonthherbfestival.com)

**5 Weeks**  
**African American  
Cultural Celebration**  
Raleigh  
(919) 807-7900  
[www.ncmuseumofhistory.org](http://www.ncmuseumofhistory.org)

**Sharpe Store Music Gospel Jam**  
Bear Creek  
(910) 705-6183  
[www.sharpestoremusic.org](http://www.sharpestoremusic.org)

**Shriners Parade**  
Blowing Rock  
(828) 295-4636  
[www.blowingrock.com](http://www.blowingrock.com)

**Blues 'n Brews Festival**  
Fayetteville  
(910) 483-5311  
[www.cfrt.org/bluesnbrews.php](http://www.cfrt.org/bluesnbrews.php)

**Patchwork Folk and Fabric Festival**  
Cullowhee  
(828) 293-3053

**Spring Day Festival**  
Murphy  
(828) 837-6821  
[www.cherokeeountychamber.com](http://www.cherokeeountychamber.com)

**National Trails Day**  
Chimney Rock Park  
(828) 245-1492  
[www.chimneyrockpark.com](http://www.chimneyrockpark.com)

**Blueberry Festival**  
Ammon  
(910) 574-7529

**Andy Griffith Museum Lecture Series**  
Mount Airy  
(336) 786-7998  
[www.andygriffithmuseum.com](http://www.andygriffithmuseum.com)

**Antique Gun and Military Antiques Show**  
June 5–6, Raleigh  
(704) 282-1339  
[www.thecarolinatrader.com](http://www.thecarolinatrader.com)

**Arts and Crafts Show**  
June 5–6, Black Mountain  
(828) 669-6583  
[www.olddepot.org](http://www.olddepot.org)

**6 Weeks**  
**Sunday in the Park**  
Tar River Community Band performs  
Greenville  
(252) 329-4200

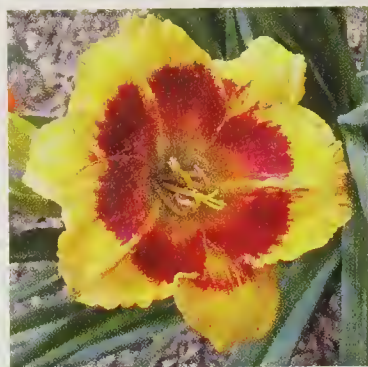
**8 Weeks**  
**Herb Guild**  
Charlotte  
(704) 873-3361  
[www.charlotteherbguild.blogspot.com](http://www.charlotteherbguild.blogspot.com)

**Stampers Craft 101**  
Tarboro  
(252) 641-0857  
[www.cardscraps.com](http://www.cardscraps.com)

**10 Weeks**  
**Charity Horse Show— Saddlebred**  
June 10–13, Blowing Rock  
(828) 295-4700  
[www.blowingrock.com](http://www.blowingrock.com)

**11 Weeks**  
**"Curious Savage"**  
Comedy  
June 11–20, New Bern  
(252) 638-1333  
[www.twp.com](http://www.twp.com)





View beauties such as "Volcanic Explosion" above, at the Daylily Festival on Saturday, June 19 at Bear W Daylily Farm in Morganton. Call (828) 584-3699 or visit [www.bearwdaylilyfarm.com](http://www.bearwdaylilyfarm.com).

#### Music on Main

Tuxedo Junction performs, classic car show  
Hendersonville  
(828) 693-9708  
[www.historichendersonville.org](http://www.historichendersonville.org)

#### 12 MON

**Art in the Park**  
Blowing Rock  
(828)-295-7851  
[www.blowingrock.com/artinthepark](http://www.blowingrock.com/artinthepark)

**Gala and Benefit Auction**  
Brasstown  
(828) 837-2775  
[www.folkschool.org](http://www.folkschool.org)

**Agricultural and Rural Traditions**  
Demos, vendors, crafts  
Pinnacle  
(336) 325-2298  
[www.nchistoricsites.org](http://www.nchistoricsites.org)

**Trout Fishing and Arts**  
Old Fort  
(828) 668-9259  
<http://ncmuseumofhistory.org>

**Recycled Art, Old and New**  
Weaverville  
(828) 645-6706  
[www.nchistoricsites.org](http://www.nchistoricsites.org)

**Twin County Cruisers Car Show**  
Hollister  
(252) 257-1039

**Coffee House Talent Night**  
West Jefferson  
(336) 846-2787  
[www.ashecountyarts.org](http://www.ashecountyarts.org)

**Pickin' and Diggin': Life in Eastern NC**  
Bath  
(252) 923-3971  
[www.nchistoricsites.org/bath](http://www.nchistoricsites.org/bath)

**Cool 5 Mile Run**  
Beech Mountain  
(828) 387-2011  
[www.beechmountainchamber.com](http://www.beechmountainchamber.com)

**"Kayak for the Warriors"**  
Pine Knoll Shores  
(252) 247-4353, ext. 10  
[www.kayakforthewarriors.org](http://www.kayakforthewarriors.org)

**Shaping the Past: Form and Function of Pottery**  
Pineville  
(704) 889-7145  
[www.polk.nchistoricsites.org](http://www.polk.nchistoricsites.org)

#### 13 SUN

**Sunday in the Park**  
Emerald City Big Band performs  
Greenville  
(252) 329-4200

**British Car Day South**  
Concord  
704-920-3351  
[www.britishcardaysouth.com](http://www.britishcardaysouth.com)

#### 16 WED

**Animal Birthday Party**  
Linville  
(828) 733-2013  
[www.grandfather.com](http://www.grandfather.com)

#### 17 THURS

**After Five—Coconut Groove Band**  
Fayetteville  
(910) 483-5311  
[www.fayettevillemuseumart.org](http://www.fayettevillemuseumart.org)

**RedHead Express**  
Family band from Alaska  
Mount Airy  
(336) 786-7998  
[www.surryarts.org](http://www.surryarts.org)

#### 18 FRI

**Music on Main**  
Caribbean Cowboys performs  
Hendersonville  
(828) 693-9708  
[www.historichendersonville.org](http://www.historichendersonville.org)

**300 Truck and Tractor Pull**  
June 18–19, Harrells  
(910) 532-4276  
[www.tpull.com](http://www.tpull.com)

**Hog Days**  
Barbecue, music, crafts  
June 18–19, Hillsborough  
(919) 732-8156  
[www.hogdays.com](http://www.hogdays.com)

**Heritage Days Festival**  
June 18–19, Boonville  
(336) 469-1276  
[www.boonvilleheritagedays.com](http://www.boonvilleheritagedays.com)

#### 19 SAT

**N.C. Blueberry Festival**  
Burgaw  
(910) 259-9817  
[www.ncblueberryfestival.com](http://www.ncblueberryfestival.com)

**Crafty Saturday**  
Tarboro  
(252) 641-0857  
[www.cardscraps.com](http://www.cardscraps.com)

**Sharpe Music Store Bluegrass Jam**  
Bear Creek  
(910) 705-6183  
[www.sharpestoremusic.org](http://www.sharpestoremusic.org)

**Stephen Cochran Concert**  
Wake Forest  
(919) 796-2212  
[www.crossroadsmusicnc.com](http://www.crossroadsmusicnc.com)

**Bass Fishing Tournament**  
Asheboro  
(336) 302-2695

**Voice of the Blue Ridge**  
Carolina Travelers band & guests  
Mount Airy  
(336) 786-7998  
[www.surryarts.org](http://www.surryarts.org)

**Silverfish for the Rivers**  
Benefit paddle  
Eden  
(336) 951-2751  
[www.silverfishfortherivers.com](http://www.silverfishfortherivers.com)

**Fathers Day Pig Pickin'**  
Creston  
(336) 385-2476  
[www.riverviewccnc.org](http://www.riverviewccnc.org)

**Daylily Festival**  
Morganton  
(828) 584-3699  
[www.bearwdaylilyfarm.com](http://www.bearwdaylilyfarm.com)

**High Country Yard Sale**  
Beech Mountain  
(828) 387-2011  
[www.beechmountainchamber.com](http://www.beechmountainchamber.com)

**Motorcycle Poker Ride**  
Love Valley  
(336) 250-0465  
[www.malovevalley.com](http://www.malovevalley.com)

#### 20 MON

**Sunday in the Park**  
The Greenville Summer Pops Orchestra  
Greenville  
(252) 329-4200

#### 25 MON

**Music on Main**  
Mix 96.5 house band, classic car show  
Hendersonville  
(828) 693-9708  
[www.historichendersonville.org](http://www.historichendersonville.org)

**Arts Council Fourth Friday**  
Fayetteville  
(910) 483-5311  
[www.theartscouncil.com](http://www.theartscouncil.com)

**The Holiday Band**  
Mount Airy  
(336) 786-7998  
[www.surryarts.org](http://www.surryarts.org)

#### 26 SAT

**Kids Fishing Derby**  
Beech Mountain  
(828) 387-2011  
[www.beechmountainchamber.com](http://www.beechmountainchamber.com)

**Pan for Gold**  
Huntersville  
(704) 875-2312  
[www.lattaplantation.org](http://www.lattaplantation.org)

**Art and Nature Printing Workshop**  
Rutherfordton  
(828) 245-1492  
[www.rcvag.com](http://www.rcvag.com)

**Car Cruise**  
Lexington  
(704) 248-7303

**Minority Business Expo**  
Winterville  
(252) 329-4200

**Heritage Day & Kiln Opening**  
Lenoir  
(910) 705-6183  
[www.traditionspottery.com](http://www.traditionspottery.com)

**Beach Music and BBQ Festival**  
Tarboro  
(252) 823-5166  
[www.etix.com](http://www.etix.com)

**Naturalist Series—Nature at Night**  
Chimney Rock Park  
(828) 245-1492  
[www.chimneyrockpark.com](http://www.chimneyrockpark.com)

#### 27 SUN

**Sunday in the Park**  
The Monitors band performs  
Greenville  
(252) 329-4200

**Singing on the Mountain**  
Linville  
(828) 733-2013  
[www.grandfather.com](http://www.grandfather.com)

#### 30 MON

**Gospel Singing**  
June 30 through July 5, Candler  
(828) 667-8502  
[www.primitivequartet.com](http://www.primitivequartet.com)

#### Listing Information

**Deadlines:**  
For August: June 24

For September: July 24

**Submit Listings Online:**

Visit [www.carolinacountry.com](http://www.carolinacountry.com) and click "See NC" to add your event to the magazine and/or our Web site. Or e-mail [events@carolinacountry.com](mailto:events@carolinacountry.com)





# CAROLINA COUNTRY adventures

Day Trip

## New Bern to Down East



Union Point Park in New Bern

New Bern has always been a classy place, but it's never looked classier than it does now. The streets and buildings downtown have an extra shine as New Bern marks the 300th year since its 1710 settlement, when North Carolina was still a British colony. It was the colony's permanent capital after Gov. Tryon's Palace was built in 1770, then the state's capital for nearly 20 years after the Revolution.

Founded by Swiss immigrants, New Bern has long been an elegant port city, lugging the Trent and Neuse rivers. Even now it focuses on the water, with its marina, riverfront parks, hotels and convention center. The newest attraction, opening for the Tercentennial, is the 48,000-square-foot N.C. History Education Center that complements nicely Tryon Palace, its gardens and nearby historical buildings that comprise the state's first public history project completed in the 1950s.

Tourists can see the place by horse-drawn carriage, trolley, two-wheeled segway, tugboat, water taxi, helicopter, ghost-story walking and regular walking—all of which take you by the various Bear Town Bears mounted for the town's 300th, as well as the re-created drug store soda fountain where Caleb Bradham invented Pepsi. June 18 caps the annual Juneteenth African-American heritage recognition.

From New Bern you can get to the Croatan National Forest for some hiking and paddling, and to Havelock, home of Cherry Point Marine Air Station, where an A6 jet fighter is parked by the Hampton Inn to welcome you to the Tourist & Event Center. Keep going for the peace, quiet and natural culture of the Down East communities and Core Banks.

—Michael E.C. Gery

For more information:

New Bern/Craven County Visitor Center  
(800) 437-5767  
[www.visitnewbern.com](http://www.visitnewbern.com)



### Three top spots:



#### Big Barbecue:

Be at Union Point Park on July 4 to witness what's expected to

be the Guinness World Record biggest barbecue sandwich made by Moore's Barbecue, 65 years old, a real good joint out on MLK Jr. Blvd.



#### Downtown New Bern:

A 16-block area sparkles with shops, cafes, restaurants, historic buildings and, this summer, some kind of street entertain-

ment on a regular basis. Check out Mitchell Hardware and Bank of the Arts.

#### Core Sound Waterfowl Museum & Heritage Center:

About 60 miles down east from New Bern, the museum opened its big, new gallery this year celebrating Down East communities and culture, from boat building to decoy carving to major meals.

[www.coresound.com](http://www.coresound.com)



## Do your windows attract condensation inside?

**Q:** I noticed this winter the windows in my home would sweat, causing water puddles to form on the window sills. This has happened in the past, but it has been much worse this year. A window expert, Sam, explained the problem is that our old, single-pane windows get so cold that water condenses on them. He advised us to replace them with new, energy-efficient ones. Sam said they'll pay for themselves with the energy savings. How long will it really take to get that money back in energy savings?

**A:** In North Carolina and in most of the U.S., you can expect window replacements to pay for themselves with energy savings in 40 to 80 years. Replacing the windows would also make your home look better as well as help the condensation problem and save some energy. But replacing your windows is unlikely to save enough energy to quickly repay the window costs unless your current windows are extremely leaky (e.g. missing glass) or if energy prices escalate. If you are replacing your windows for other reasons, it's worth it to pay a little extra for the energy-efficient ones. The energy savings will in fact pay for the difference between standard windows and energy-efficient windows very quickly.

You can probably solve the condensation problem without replacing the windows. Sam is correct about the condensation. Warm, moist air is coming into contact with a cold surface and is causing moisture to condense on the window. It's just like having a cold can of Cheerwine on a hot summer day. When warm, moist air hits the cold can, the moisture in the air condenses and runs down the can. In your home during the winter, if moisture in the air hits the cold window, the water condenses and runs down the glass. If the window surface is warmer, it is less likely the moisture will condense on it.

To fix this, you'll first need to figure out where the moisture is coming from. In most homes it comes from cooking, bathing and doing laundry. In other homes, moisture can be a result of a damp or wet crawl space or basement, a leaky roof or plumbing leaks. It can also come from homes with unvented combustion devices such as heaters, fireplaces, gas ranges and ovens.

So before thinking about replacing the windows, go into the attic and look for signs of a roof or plumbing leak. Also, check the duct work attached to the bathroom and kitchen exhaust fans, if you have them. Are the ducts still connected? Do they go all the way to the outside, through the skin of the building? Was the exhaust fan duct crushed, or can it still move air?

Next, go into the crawl space or basement and look for leaks and signs of moisture. If there is a lot of moisture, chances are some of it is getting into the house and condensing on cold surfaces like windows.



Go into the bathroom and turn on the exhaust fan. Put several squares of toilet paper against the fan grill. If they stay there, the fan is moving some air through it. If the paper just falls down with the fan on, then it's not moving air and you need to figure out why. In my experience, bathroom exhaust fans that don't work well are probably the second most common source of moisture in houses. The most common source includes homes that don't have an exhaust fan or that have one that no one uses. The exhaust fan should run during and 20 minutes after a shower.

Many homes were built without bathroom exhaust fans, which building code allows as long as there is a window that opens in the bathroom (as if any of us are going to throw open the window as we step out of the shower when it's 22 degrees outside).

Very often, replacing an old, noisy, inefficient bath fan with a new, quiet, energy-efficient model will solve the condensation problem if the fan is used.

Similarly, if you do a lot of cooking and particularly if you have a gas range, an exhaust fan or range hood in the kitchen ducted to the outside can help control the moisture. A so-called "recirculating" range hood does nothing to remove moisture from the air. Again, it needs to be ducted through the skin of the building, all the way to the outside. A good range hood that is fairly quiet is much more likely to be used than a cheap noisy one. Spending a little more money on a better investment calls for more return in the end.

Finally, be sure to check for so-called "unvented" heaters or fireplaces. These are used a lot more in a severe winter and could account for having a lot more moisture in the house than normal. The typical "ventless" heater or fireplace puts about a gallon of water into the air every three hours or so. This water often winds up on cold windows, causing condensation and puddles of water on sills. It can also condense on cold walls, causing mold growth. "Ventless" heater or fireplaces may also give off carbon monoxide and other harmful gasses, so they should never be used in homes. ①

Arnie Katz is director of training and senior building science consultant at Advanced Energy in Raleigh ([www.advancedenergy.org](http://www.advancedenergy.org)). Send your home energy questions to [editor@carolinacountry.com](mailto:editor@carolinacountry.com)



## Business Opportunities

**NEW! GRDW EXPENSIVE PLANTS**, 2000% Profit, Earn to \$50,000, Free Information Growbiz, Box 3738-NC6, Cookeville, TN 38502—[www.growbiz-abco.com](http://www.growbiz-abco.com)

**WATKINS SINCE 1868**. Top Ten Home Business. 350 products everyone uses. Free catalog packet. 1-800-352-5213.

## Vacation Rental

**ROMANTIC GET AWAY** in the Blue Ridge Mountains. Beautiful log cabins with real fireplaces and Jacuzzi tubs. Fully equipped for the perfect weekend with the one you love. Call 888-627-6037 or check us out at [www.treasurecovecabins.com](http://www.treasurecovecabins.com)

**BEACH HOUSE**, Cherry Grove, SC. 4BR/2B, sleeps 14. 828-478-3208. Request photos: [bnagel36@charter.net](mailto:bnagel36@charter.net)

**EMERALD ISLE, NC** Oceanfront Beach house—BR/3BA, sleeps 8. \$1000 to \$3300 weekly, Sat.-Sat. 52-943-1011.

**CHERRY GROVE CHANNEL HOUSE**. 4BR/3.5BA. 919-42-8146. Very nice, weekly/weekend.

**EMERALD ISLE CAMP OCEAN FOREST** Campground. Camping next to the ocean. Call 252-354-3454 for reservations or [www.campoceanforest.com](http://www.campoceanforest.com)

**CONDO-SUMMERWINDS** near Emerald Isle in Salter bath. 4 bedrm. 3 bath, 4th floor, ocean front, fully furnished. Pools. Call 804-282-9350 after 6 PM. [www.swartzproperties.com](http://www.swartzproperties.com)

**ALMS RESORT, MYRTLE BEACH**. Amazing views, oceanfront, spacious, beautiful, 1bed/1bath, sleeps 6. balcony, stainless kitchen, fireplace, amenities more. 828-288-9923, 828-980-8128.

**LOG CABIN IN MOUNTAINS** of Ashe County, NC. Daily weekly rental. 336-982-2463. [www.carsonlogcabin.netfirms.com](http://www.carsonlogcabin.netfirms.com)

**MYRTLE BEACH OCEAN LAKES**, 3BR/2BA, sleeps 9, 804-425-5704 or [knlsnyder@embarqmail.com](mailto:knlsnyder@embarqmail.com)

**WIDKY MOUNTAIN VIEWS HOUSE**; 3BR/2BA; close to Asheville, Gatlinburg, and ski resorts. 828-506-0207.

**ATLANTIC BEACH OCEANFRONT**, Breathtaking view. 3BR/1½BA with full amenities, \$75. 816-931-3366.

**GEON FORGE, TN. LDG CABINS**. 251-649-3344 or 251-649-4049—[www.hideawayprop.com](http://www.hideawayprop.com)

**BEAUTIFUL LOG CABIN HOME** in NC mountains in Wd, NC (near Boone) for rent. Great for small group family retreats. [www.thecabincove.com](http://www.thecabincove.com)

**TERAS ISLAND (AVDN)**...4 Bedroom, 2 Bath. [www.vacationshatteras.com](http://www.vacationshatteras.com) or call 856-451-2169.

**SHOKEY MOUNTAIN LDG CABIN**, secluded, pet friendly, non-smoking. [www.VRBO.com/167632](http://www.VRBO.com/167632)

**MYRTLE BEACH, OCEAN LAKES CAMPGROUND**—House sleeps 6. 2BR/1BA. Missy 336-956-4405. [charharts@lexicominc.net](mailto:charharts@lexicominc.net)

**VACATION RENTAL**: Boone, NC Golf Course Condo in Blue Ridge Mountains. 2BR/2 ½ BA, sleeps 6. No Pets. 2 week minimum, seasonal pricing. Internet, cable. Call 321-698-8271 after 6 p.m.

## Real Estate

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**"A Little Taste of Heaven Since 1857"**  
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### Taco Ring

- ¾ pound lean ground beef
- 1 package (1.25 ounces) taco seasoning mix
- 1 cup (4 ounces) shredded cheddar cheese
- 2 tablespoons water
- 2 packages (8 ounces each) refrigerated crescent rolls
- 1 medium green bell pepper
- 1 cup salsa
- 3 cups lettuce, shredded
- 1 medium tomato
- ¼ cup onion, chopped
- ½ cup pitted ripe olives
- Sour cream (optional)

Preheat oven to 375 degrees. Cook ground beef over medium heat 7–9 minutes or until beef is no longer pink; drain. Remove from heat. Stir in seasoning mix, cheese and water.

Unroll crescent dough; separate into triangles. Arrange triangles in a circle on pizza pan or round stone with wide ends overlapping in center and points toward outside (There should be a 5-inch diameter opening in center.) Spoon meat mixture evenly onto widest end of each triangle. Bring points of triangles up over filling and tuck under wide ends of dough at center of ring. (Filling will not be completely covered.) Bake 20–25 minutes or until golden brown.

Using a knife, cut off top of bell pepper. Discard top, membranes and seeds. Fill pepper with salsa. Shred lettuce and chop tomato. Chop onion and slice olives. Place bell pepper in center of ring; arrange lettuce, tomato, onion and olives around pepper. Garnish with sour cream, if desired.

*Yield: 8 servings*

### Fruit Topped Triple Chocolate Pizza

- 1 package (18 ounces) refrigerated chocolate chip cookie dough
- 2 squares (1 ounce each) white chocolate for baking
- 2 tablespoons milk
- 1 package (8 ounces) cream cheese, softened
- ¼ cup powdered sugar
- 1 cup thawed, frozen whipped topping
- 12–16 strawberries, cut in half
- 1 can (11 ounces) mandarin orange sections, well drained
- ¼ cup semi-sweet chocolate morsels
- 1 teaspoon vegetable oil



Preheat oven to 350 degrees. Shape cookie dough into a ball and place in center of pizza pan or stone. Using lightly floured roller, roll dough to a 12-inch circle, about ¼ inch thick. Bake 12–15 minutes or until edges are set. (Cookie will be soft. Do not overbake.) Remove from oven; cool 10 minutes. Carefully loosen cookie from baking pan or stone and finish cooling completely on pan or stone.

Place white chocolate and milk in bowl. Microwave on high 1 minute; stir until chocolate is melted and mixture is smooth. Microwave an additional 10–20 seconds if necessary. Cool slightly. In separate bowl, combine cream cheese and powdered sugar; mix well. Gradually stir in white chocolate mixture; mix until smooth. Fold in whipped topping. Spread cream cheese mixture evenly over cookie.

Arrange strawberries and mandarin oranges over cream cheese mixture. Place chocolate morsels and vegetable oil in microwave dish and microwave uncovered on high 30 seconds or until chocolate is melted and smooth. Drizzle over fruit. Refrigerate at least 30 minutes. Cut into wedges.

*Yield: 16 servings*

## From Your Kitchen

### Blackberry Wine Cake

- ½ cup nuts, chopped
- 18 ounces white cake mix
- 3 ounces blackberry  
Jell-O  
(can use raspberry or  
black cherry)
- 4 eggs
- ½ cup oil
- 1 cup blackberry  
wine (we used  
Duplin Winery  
Blackberry)

#### Glaze

- 1 cup powdered  
sugar
- ½ cup blackberry wine
- ½ cup butter
- 1–1½ cups powdered sugar  
(to thicken the glaze)



Preheat oven to 325 degrees. Grease and flour Bundt pan; sprinkle the nuts in the bottom of the pan.

In a large bowl, combine the cake mix and gelatin. Add the eggs, oil and wine. At low speed, beat just until moistened. Increase the speed to medium and beat for 2 more minutes; scrape the bowl frequently. Pour mixture into the Bundt pan and bake for 45–50 minutes.

**Glaze:** Bring the 1 cup powdered sugar, wine and butter to a boil; the glaze will be fairly thin. While the cake is still warm and in the Bundt pan, pour half of the glaze over the cake. Let the cake sit for 30 minutes to absorb the glaze.

Turn the cake out of the pan and completely cool. Thicken the remaining half of the glaze with additional powdered sugar and pour over the cake.

*Kathy Goins of Mount Airy will receive \$25 for submitting this recipe.*

### Send Us Your Recipes

Contributors whose recipes are published will receive \$25. We retain reprint rights for all submissions. Recipes submitted are not necessarily entirely original. Include your name, address, phone number (for questions), and the name of your electric cooperative. Mail to: Carolina Country Kitchen, P.O. Box 27306, Raleigh, NC 27611 or E-mail to: [Jenny.Lloyd@carolinacountry.com](mailto:Jenny.Lloyd@carolinacountry.com)

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<u>Issue</u> <u>Age</u>	<u>Male</u> (non-tobacco)	<u>Female</u> (non-tobacco)
5	\$ .55	\$ .55
15	\$ .59	\$ .55
35	\$ 1.30	\$ 1.08
55	\$ 3.20	\$ 2.53
65	\$ 5.36	\$ 4.14
75	\$ 10.23	\$ 7.64
85	\$ 19.77	\$ 16.52

\* Does not include \$36 policy fee, minimums may apply

#### Sample Monthly Rates per 1,000\*

<u>Issue</u> <u>Age</u>	<u>Male</u> (tobacco)	<u>Female</u> (tobacco)
5	N/A	N/A
15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
65	\$ 7.18	\$ 5.41
75	\$ 13.24	\$ 8.85
85	\$ 26.26	\$ 17.67

\* Does not include \$36 policy fee, minimums may apply